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JULY 2015

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FRYING INFERNO P92

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TO VETERANS

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DITCH THE DAD BOD

BUILD HIS CHISELLED  
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**EAT CLEAN!**

**21 BEST  
FOODS FOR  
MEN P56**

# 5

**TRICKS TO  
BEAT OUR  
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**P77**

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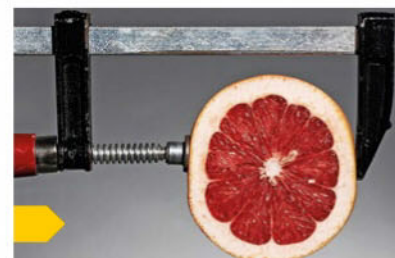
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Want to build abs that show in four weeks? Try these training tips from the world's top warm-weather athletes – perfect for sunny Singapore.



13 CAN DRINKING REALLY KILL OFF BRAIN CELLS?

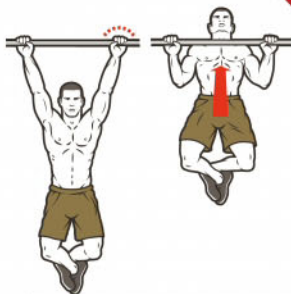
Malaysian researchers found tracks that play at 120bpm – think melodic house or Detroit techno – can stimulate grey matter and improve focus.



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This workout will kick your ass – and hit every muscle you have in 30 minutes. Are you fit enough to finish?



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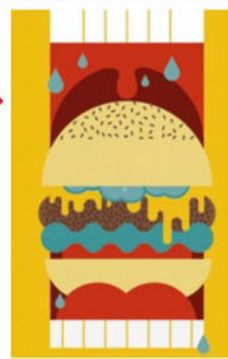
A man's relationship with condoms is complicated. It looks like a stalemate in the sack – unless, that is, someone can reinvent the rubber.



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## BEAT THE HEAT

If your smartphone's weather app hasn't already pointed it out to you, your persistently sweat-soaked attire would have – that we're in July, traditionally one of the hotter months in Singapore's tropical climate.

And with temperatures hovering persistently above 30 deg C, you may find yourself falling ill. "Your body reacts (when the weather changes), and it's always trying to compensate and make the adjustments for you. When temperatures are changing rapidly, your body has a hard time adjusting, and you become more susceptible to ailments," says Dr Daniel Luchangco, an emergency medical specialist.

But it's not just falling sick you've got to worry about. Your workouts take a beating in this climate as well. New research found that men are worse at pacing themselves than women – especially in the heat.

In *The Journal of Strength and Conditioning Research* study, researchers analysed split times from the 2007 and 2009 Chicago marathons. They found that men slowed down more than women in the last eight miles of the 26.2-mile race. Guys were also worse at pacing during the 2007 marathon, where temps averaged 26 deg C, compared to the 2009 race, where the average was 37 deg C.

So take it easy this month, fellas. Read this issue on five easy tricks to stay cool during a heat wave (page 77). Also, if you're going to hit the sand to get a tan, find out how to get a beach-worthy body in just four weeks (page 96).

And remember: Hydrate!

*Kelvin*

EDITOR

## 5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

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**GET THE  
LADIES TO LOVE  
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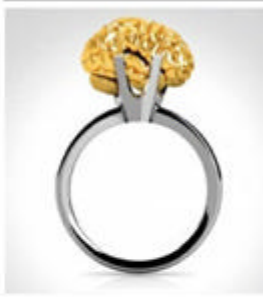


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## DATING TIPS YOU CAN ACTUALLY USE

Every guy's wet dream is to go out with a Japanese model. This one shares her wisdom on dating and relationships. She has also got some sweet tips for guys who want to score a date with her.

[www.tinyurl.com/mhazusahiga](http://www.tinyurl.com/mhazusahiga)

## WHAT FRUIT JUICE LABELS REALLY MEAN

Is it true when a packet of fruit juice claims to contain 27 blueberries, three apples and a banana? We turned to some top nutritionists for the juicy truth on what such drinks really contain (or don't). Stay wise.

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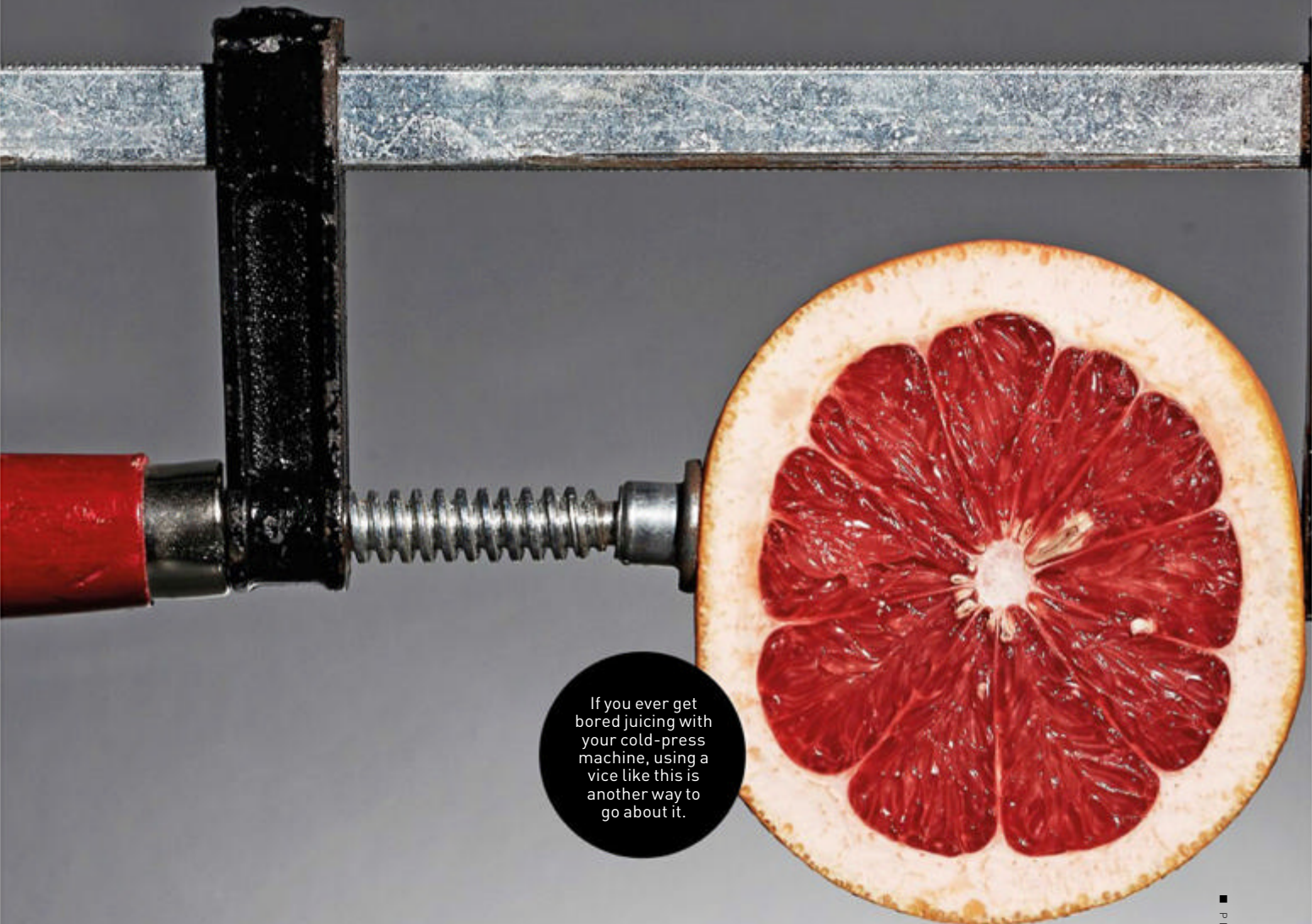
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# ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



If you ever get bored juicing with your cold-press machine, using a vice like this is another way to go about it.

**DO COLD-PRESSED JUICES COUNT AS MY DAILY INTAKE OF FRUIT AND VEG?**

— Lucas

Once the preserve of trend-aware sipsters and ladies who lunge, green juices have cemented their place in the mainstream with an entire industry built on the promise of liquid panacea. And while it's true that you can get a bunch of your RDAs from juice, it takes more than popping a bottle or two to rack them up – and a juice-centric diet is not something *Men's Health* prescribes.

Though cold-pressing

■ PHOTOGRAPHY ZAPHS ZHANG ■ TEXT EMILY BADIOZZAMAN & JON AXWORTHY ■ ART DIRECTION ASHRUDDIN SANI





foods to slow digestion, says Oliver Barnett of the London Clinic of Nutrition.

A chaser of raw nuts, hard-boiled eggs or cheese will take the heat off your liver. Alternatively, opting for flaxseeds as an extra ingredient when you're at the juice bar will work, too. When it comes to juicing, eating is most definitely not cheating.

Now, dodge the following pulp pitfalls to wring more from your juicing habit:

#### **SKIP: SUPERFRUITS**

Most health claims strapped to "exotic" fruit drinks don't hold water. It's likely that any rarer ingredients will be cut with cheaper juice like apple.

#### **SIP: GREEN**

As with most things, green is good. Veg give you a hit of energy-boosting chlorophyll.

Add nettles for an extra pump of iron. And citrus juice for kidney-saving nutrients.

#### **SKIP: SHOP-BOUGHT**

On average, supermarket juices contain a third of the fresh produce that a similar drink from a juice bar will. In a 2011 *Food Chemistry* study, cold-pressed apple juice had nearly eight times the vitamin C of pasteurised juice. It's worth spending extra.

#### **SIP: RED**

To protect your muscles during intense training, think dark-red fruit. A study at Oregon Health & Science University in the US showed that runners who drank tart cherry juice for a week before an ultra-endurance challenge had less pain after the race. Tart cherries, red grapes and pomegranates are all juice-worthy, and contain anthocyanins, a type of antioxidant that helps reduce the muscle inflammation and damage caused by serious exercise.

## LEGAL EASE

**CAN I SUE IF I GET AN STD FROM MY PARTNER?**  
– Kellan

Cases brought in civil court seeking damages for transmission of Aids or HIV are normally brought under tort law, including battery, fraud, intentional infliction of emotional distress and negligence, says Samuel Seow, managing director of Samuel Seow Law Corporation. "However, these actions may or may not succeed depending on several factors, including whether you have taken your own precautions, whether she had knowledge of her own situation, and whether she had intended to harm you."

**Do you have a question about the law that you want to find out?**  
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preserves more nutrients than other juicing methods, it still removes the all-important fibre, which you require in order to put a cap on blood-sugar spikes (the bit you should be worried about). Fibre is what stops your liver from turning that sugar into fat, and where there is fruit, there will always be sugar. However, you can soften the comedown by combining your drink with low-GI, high-protein



## DOES DRINKING REALLY KILL OFF BRAIN CELLS? – Royston

# NO.

Morning-after paranoia? Cool your boots. "The alcohol in the brain of even a very drunk person isn't close to the levels needed to kill cells," says Stephen Braun, author of *Buzz: The Science and Lore of Alcohol and Caffeine*. But booze is a "dirty bomb," he warns. It blocks memory formation, dulls thinking and lowers muscle control. Your head may not want to hear bass the morning after, but Malaysia's Sunway University College found tracks that play at 120bpm – think melodic house or Detroit techno – can stimulate grey matter and improve focus.



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# BULLETINS

HEALTH → SEX → NUTRITION → FITNESS → WEIGHT LOSS

## CANCER-PROOF WITH BROCCOLI

How you prepare this vegetable matters, according to a new study by the University of Illinois in the US. **"Broccoli is an extremely potent cancer-fighting agent,"** said Elizabeth Jeffery, a professor of nutrition at the university. "To get broccoli's benefits, though, the enzyme myrosinase has to be present. If it's not there, sulforaphane, broccoli's cancer-preventive component, doesn't form." In fact, myrosinase are often destroyed when one overcooks broccoli, while those who use broccoli powder are missing out because the supplement does not contain the necessary enzyme. The solution? An experiment conducted by the researchers revealed a twofold increase in sulforaphane absorption when broccoli sprouts (which contain high levels of myrosinase) and powder were eaten together. Meaning to say, other foods that contain sulforaphane can be teamed with broccoli to boost its benefits – such as mustard, radish and wasabi. And the perfect way to cook broccoli? "Steam it for two to four minutes," said Prof Jeffery.



Pair broccoli with select ingredients and you'll get a powerful anti-cancer shield.



# HEALTH

## BULLETIN



### CANCER LIKES YOUR TYPE

When is an A an F? When a man's blood type increases his cancer risk. A study recently published in *BMC Medicine* found that **people with blood type A, AB or B were 55 percent more likely to develop stomach cancer than those with type O.** Study author Dr Arash Etemadi explains that people with non-O blood tend to have a different inflammatory response to the stomach bug *H. pylori*, resulting in an increased risk of stomach cancer. Fight back with fitness: Research also shows that moderate exercise can slash your risk of the disease in half.

PHOTOS (COFFEE MUG) MATT WALFORD/CORBIS, (VENDING MACHINE) MIKE KEMP/CORBIS & (GARLIC ICON) MACROVECTOR/123RF

Rock may beat scissors, but coffee beats rock. **Caffeine may help protect you from kidney stones,** a recent Italian study concludes. People who reported downing about 580mg of caffeine a day – equivalent to one tall and one grande coffee at Starbucks – were 30 percent less likely to be stricken with a stone than those who drank little to none. According to study author Dr Pietro Manuel Ferraro, caffeine increases your output of urine, which helps dilute stone-forming compounds. Not a java junkie? Even just one cup a day could help protect against kidney stones, says Dr Ferraro.

## SKIP THE STONES REUNION





## TURN DOWN THE DEATH METAL

This tastes toxic: **A heavy metal found in certain foods, such as oysters, may shorten your life**, suggests research from George Washington University. Study participants with the highest blood levels of cadmium had significantly shorter telomeres (genetic material found at the ends of chromosomes). In fact, their telomeres resembled those of people 11 years older. This amount of cellular ageing can raise your heart disease and cancer risk, says study author Ami Zota. Protect yourself by avoiding tobacco smoke and limiting your intake of shellfish – two major sources of the metal. And opt for organic produce, which has about half the cadmium content of the conventional kind.

## KNOCK DOWN HEART DISEASE

According to the *Hormone and Metabolic Research* journal, vitamin B3 is one of the most effective supps for supercharging good cholesterol. In fact, it hypes up your HDL by 17 percent, dropping your chances of heart disease accordingly.

The percentage increase in the risk of a fatal heart attack or stroke if your systolic blood pressure is 140mmHg or higher (even if your diastolic BP is normal).

SOURCE: JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY



## POP IN THE GARLIC

Taken as a pill or piled into your next Bolognese, garlic extract takes a 5.5 percent bite out of your systolic blood pressure, says *The American Journal of Clinical Nutrition*. This dramatically drains your risk of suffering heart failure.



## WHAT THE HECK IS THAT?

■ **THE TERM** Nomophobia.

■ **WHAT IT IS** Anxiety and fear felt when separated from a mobile device. In an American study, people whose iPhones were taken away experienced spikes in blood pressure and heart rate, and did 35 percent worse on a word-search test than when they had their devices.

■ **PREVENT IT** Try an app like Checky (iOS, Android) to track your usage, says study author Russell Clayton.



# NUTRITION

## BULLETIN



## HOOK, LINE AND GUT SHRINKER

A study review by Swiss and South African researchers suggests that **eating fish can help you shed weight**. People who ate it regularly or took fish oil supplements every day lost more than half a kilo over two to three months than those who went fish-free. They also shaved nearly half a point more off their body-fat percentage. According to study author Dr Nicole Bender, the omega-3 fatty acids in fish have anti-inflammatory effects that can boost weight loss. Aim for two servings a week of a fatty fish, such as salmon.



**TEA OVER COFFEE**  
**Drinking tea reduces non-cardiovascular mortality by 24 percent,** according to a study published in the *European Society of Cardiology*. Researchers also revealed that non-coffee drinkers were more physically active, and that tea itself had a marked effect on blood pressure – with a 4mmHg to 5mmHg decrease in systolic blood pressure, and 3mmHg decrease in diastolic blood pressure.



The percentage increase in risk of developing type-2 diabetes per extra serving per day of soft drinks, sweetened milk beverages or artificially sweetened beverages.

SOURCE: DIABETOLOGIA

PHOTOS (FUNNEL) MATTHIAS KULKA/CORBIS, (GUY EATING) KYLE MONK/CORBIS & (FISH) DMYTRO PAUK/123RF ■ DIGITAL IMAGING ASHRUDDIN SANI



## GIVE FAT THE GREEN LIGHT

**Adding spinach leaves to a fat-laden dish can act as an antidote,** thanks to ecdysteroids (natural compounds present in the vegetable). They increase levels of the protein adiponectin – which makes fat cells more sensitive to insulin – curbing the growth of fat tissue.



## CHEW ON MANGO

FEELING HUNGRY? STRESS DEPLETES YOUR VITAMIN C LEVELS, BUT YOU CAN TOP THEM UP WITH A BAG OF DRIED MANGOES TO BRING STRESS HORMONES DOWN.

# PROTEIN IS KING

American researchers have found that **an additional 10g to 15g of protein** – such as eggs, beef or dairy – can lead to **significant improvements in the body**. It can boost metabolism and prevent weight gain, support weight loss, increase feelings of fullness and even help retain muscle while your body loses fat. Chicken chop for breakfast, anyone?



## TOTAL RECALL

► **Cacao nibs (unprocessed cocoa beans) can help to increase the speed at which your brain processes information.** A study in the *Nature Neuroscience* journal has found that

drinking a flavanol-rich cacao drink for three months can restore up to 7 percent of your recall ability. Good news, if you're struggling to recall your missus' birthday this instant.



# FITNESS

## BULLETIN

### THE SOUND BARRIER FOR RUNNERS

Your lungs are a good heart rate monitor. **The ability to converse while exercising is an accurate gauge of effort**, say American researchers. They quantified the "talking test" that runners use and determined that if you can speak comfortably, you're probably at less than 80 percent of your maximum heart rate. If talking is difficult, you're at 80 to 90 percent. And if you can't speak at all, you're at more than 90 percent. "The harder you're exercising, the fewer breaths you can waste on talking," says study author Carl Foster.

# 34

The number of minutes of running shown to reduce a person's anxiety

SOURCE: UNIVERSITY OF ILLINOIS IN THE U.S.

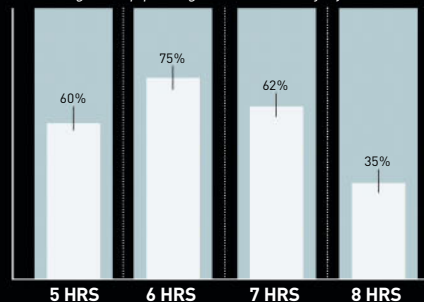
### FITNESS FIX

#### ► THE PROBLEM:

Runner's stomach.

► **THE SOLUTION** Before and during your activity, sip a drink that has 6 percent glucose and 5 percent fructose. Guys who did that for a two-hour jog and a 6.4km time trial had fewer gastrointestinal issues and ran faster than those who drank just glucose, an American study found. The mix may be more rapidly absorbed, which is why sports drinks like Gatorade use it. For a DIY version, drink water and eat 150 calories of grapes or bananas.

Average Sleep per Night and Risk of Injury



### DON'T SIDELINE YOUR SHUT-EYE

Hit the sack, stay off the disabled list: Researchers in Los Angeles surveyed pre-university athletes about their sleep and training habits, and then followed them for 21 months. The wake-up call: **The best predictor of injury was the number of hours the athletes slept each night.** In fact, the findings are consistent with the results of similar studies revealing that a lack of sleep can affect cognitive and fine motor skills in adults, explains *Men's Health* sleep medicine advisor, Dr W. Christopher Winter. "Keep in mind that an essential ingredient for athletic recovery is growth hormone production, which occurs during deep sleep."

## DIG DEEPER

Give it your all, and then some. **You may have more in the tank than you think**, reveals an American study. Cyclists who pedaled to exhaustion, recovered for three minutes or so, and began riding again, generated the same power as when they were fresh. People have a reserve capacity, says study author Steven Elmer. To tap it, focus on your pedalling, not your suffering. Count each revolution on one leg and then the other, switching sides every time you reach 10.



PHOTO MIKE KEMP/CORBIS



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# WEIGHT LOSS

## Bulletin



### ← TAKE A STAND AGAINST FAT

It's a matter of scale. Scientists in Finland report that **weighing yourself weekly can help you avoid gaining kilos**. People who stepped on the scale at least once a week put on little or no weight, while those who went longer than a month experienced an average 1 percent weight gain over a 12-month period. Some participants packed on as much as 1.7 percent more weight. Regular weigh-ins allow you to adjust your eating habits if you notice you've put on some extra kilos, says study author Anna-Leena Vuorinen.

# 50

The percentage drop in cafeteria patrons' chances of gaining weight in one year when calorie information was prominently displayed.

SOURCE: OBESITY

### STICK IT TO THE STARCHES

Stow the silverware.

**Eating with chopsticks can lower your glycaemic response to carbs**, a new study

from Singapore suggests. When people ate white rice with chopsticks, the grain's glycaemic index dipped 16 percent, resulting in less of an insulin increase than when they used a spoon. Study author Christiani Jeyakumar Henry says the sticks make you take smaller bites.

This causes you to eat more slowly than you would with other types of utensils.

### FIGHT FLAB WITH FLAX

Sow the seeds and reap the benefits. **Adding flaxseed to your meals may help banish belly fat**, a Brazilian study found. When obese men added 60g of ground flaxseed to their daily diet and reduced their carbohydrate intake, they lost an average of almost 6kg after 42 days. The study authors credit chemical compounds in the seeds called lignans, which have anti-inflammatory properties that can help protect against abdominal fat.

### DON'T TEAM UP TO SLIM DOWN

The couple who diet together get fat together. **Trying to lose weight with your wife or girlfriend may cause you to overeat**, reports a study in *Eating Behaviors*. When one person had more success at dieting, it caused the other to lose confidence and struggle to control food portions, says study author Lindsey Fast. A safer bet: Diet separately and just support each other's goals from the sidelines.

PHOTO: SCIENCE PICTURE CO/CORBIS

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# SEX

## BULLETIN

### HIT THE GYM FOR BETTER SEX

According to a recent study published in the *International Journal of Sexual Health*, men who exercise more have better erectile and sexual function, regardless of race. "This study is the first to link the benefits of exercise in relation to improved erectile and sexual function in a racially diverse group of patients," said Adriana Vidal, senior author of the study and investigator in the Cedars-Sinai Samuel Oschin Comprehensive Cancer Institute and Department of Surgery in the US. It's time to get off the couch, lads.



## HOW PLASTIC ZAPS HER SEX DRIVE

Chemical romance? Forget it. **Substances in household items may lower her libido**, a US study reports. Women with the most exposure to additives called phthalates were up to 2.6 times as likely to report low libido as those with the least. These chemicals in plastics may interfere with the production of testosterone and oestrogen. Look for "DEHP free" or "phthalate free" on labels and buy fresh foods, which are less likely to have picked up phthalates from packaging.

PHOTOS (MAIN) OLEKSIY MAKSYMENKO/CORBIS & BROOKE FASANI AUCHINCLOSS/CORBIS

## HOBBIES CAN BE HOT

A paintbrush as sex toy? For a recent report in the *Journal of Creative Behavior*, researchers asked women to rate the sexual attractiveness of various activities. Playing sports finished on top because it indicates fitness, notes lead researcher Scott Barry Kaufman.

PLAYING SPORTS  
RECORDING MUSIC  
WRITING MUSIC  
PERFORMING IN A BAND  
TAKING ARTISTIC PHOTOS  
PERFORMING COMEDY  
DRESSING UNIQUELY  
WRITING POETRY  
INVENTING RECIPES  
DRAWING AND PAINTING  
WRITING SHORT STORIES  
ACTING IN A PLAY  
MAGAZINE WRITING  
RENOVATING ANTIQUES  
BEING IN AN ORCHESTRA  
EVENT PLANNING  
DIRECTING SHORT FILMS  
GARDENING  
BUILDING WEBSITES  
INTERIOR DECORATING  
CREATING AD CAMPAIGNS  
MAKING CLOTHES

MOST ATTRACTIVE

LEAST ATTRACTIVE



The average length, in inches, of a dildo sold on the sex-toy site Adam & Eve

SOURCE: THE JOURNAL OF SEXUAL MEDICINE

## DON'T TAP IT TOO MUCH

Your smartphone, that is: New research from Penn State and Brigham Young universities in the US suggests that **paying too much attention to digital devices can hurt your relationship**. Using phones and tablets during conversations, dinner and leisure time ("technoference") correlated with lower satisfaction in women. The behaviour conveys that the device matters more than the other person, says study author Brandon McDaniel. Silence your device during "together time" – or at least during dinner.

## COITUS RESURRECTUS

**The problem** Your relationship has hit the doldrums ("What's on Netflix?") and the passion has faded. **The fix** Go on double dates with new friends. When you hang out with others, they often respond positively to you and your mate, says Dr Keith Welker, whose study appeared in the journal *Personal Relationships*. This can give you a fresh, appreciative view of your wife or girlfriend. Dates that promote conversation are best, he says.

## SPRAY ON MAGNOLIA

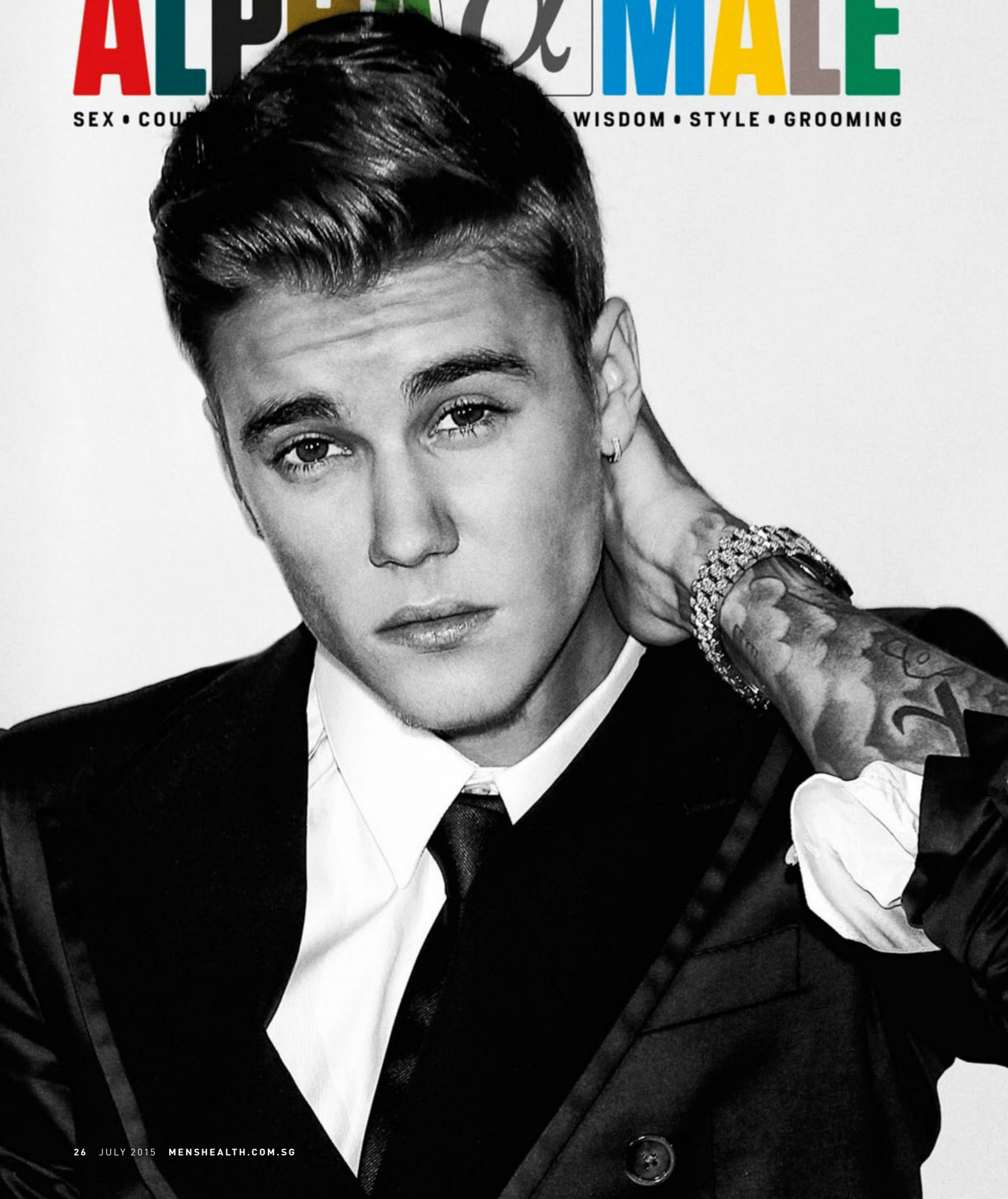
Researchers at the Ruhr-Universität Bochum and University of Dresden in Germany said that the magnolia scent is a proven pheromone receptor. According to their study, the aroma generates sex-specific activation patterns in the brain, giving wearers a unique sex appeal.





# ALPHA $\alpha$ MALE

SEX • COURAGE • WISDOM • STYLE • GROOMING



# THE REINVENTION OF JUSTIN BIEBER

WE'VE ALL WISHED FOR DO-OVERS IN OUR LIVES, A CHANCE TO SAY "WAIT, THAT ISN'T ME. LET ME PROVE IT." NOW IT'S TIME TO DECIDE: DOES JUSTIN BIEBER GET HIS WISH?

O

n an early Saturday afternoon in Beverly Hills, the hot streets are thick with slick rides and the sizzle of fame. The sky is an opulent blue and feels higher somehow, so the sounds echo and drift as they do elsewhere only in the summer at twilight. A middle-aged man crosses Rodeo Drive totting a black-and-gold Bulgari shopping bag no larger than an apple. Tourists gabble at the windows of high-end boutiques where the clerks maintain a desultory

distance from the single shopper browsing \$600 jeans.

Outside a Saint Laurent store, there's a commotion. In any other neighbourhood, it might signal an escalating argument or brewing brawl. But here there's no mistaking the thrill that ripples the crowd. Who is it? Who? Who? And as the paparazzi muscle in for angles and the well-known name is passed around, you find yourself feeling faintly repelled.

It's not that you don't like Justin Bieber. You actually find him offensive. Why? Because his success primarily depends on skilful producers and shrieking tweens? Because he managed to steal the attention of half the planet's girls by basically becoming one of them? Or maybe it's just that he has never had to deal with all the crap the rest of us have. Like public transport. Job interviews. Getting fired, or dumped, or ignored at the bar. This is a kid who had his bodyguards carry him up the Great Wall of China. Everything was handed to him. And now he's a big boy and thinks manhood is going to be handed to him, too. And you're like, no, dude. No.

In Rodeo Drive, the crowd adds ranks. The 15th douchebag of the day revs the engine of his rented Bugatti. Around the corner, wannabes crowd the tables of Villa Blanca, the

restaurant owned by that woman from *The Real Housewives of Beverly Hills*. The phoniness is everywhere. And maybe this is why the Biebs is disliked so much. With him, it's as if all that phoniness is gathered in one place.

You could keep walking. But suddenly you've got this fierce need to know if there's anything real behind that celebrity facade. And what if there was? Would that change anything?

**INSIDE SAINT LAURENT, ONE-THOUSAND-DOLLAR** ankle boots sparsely line the white shelves. The latest Parisian fashion hangs from racks suspended from the ceiling. At the end of the shop, a black-and-white shot of Val Kilmer's son covers an entire wall. It's quiet. There's no sign of the Biebs.

Suddenly, your phone starts blowing up, like somehow it knows he's near. Then one of his crew appears and leads you to the changing room in the back.

The pop sensation stands before a seven-paned hemisphere of mirrors with his arms crossed, trying himself on. He's rocking the skater look he picked up a few years ago, with calf-length black shorts, a nightie-length black tee, and a Brooklyn Nets cap turned backwards. A diamond cross

hangs from his neck. *Prince Johnny* by St Vincent wafts from invisible speakers.

You recognise the caterpillar eyebrows, the pouty lower lip. But the rest of him is rougher than you'd expect. Scrappy. Like a tuber before it meets the sous chef. His skin is patchy in places, a bitch to shave. For some reason, you think of a video game you once played, when you met the boss at the final level.

He nods at a black leather



Upgrade Your Image

## STEP 1. PICK ROLE MODELS

→ Create a mental picture of how you would like to be perceived. "Think about the men you really admire and their traits you'd like to emulate," says Dorie Clark, author of *Reinventing You*. Pay attention to the way they use these qualities to their advantage, and ask yourself how you can do the same. Just make sure the role models aren't a 180 from the old you, says psychologist Ann Demarais, author of *First Impressions*. "That's going to come across as inauthentic."





Upgrade Your Image

## STEP 2. ENLIST CRITICS

→While you don't need to broadcast your transformation ("Hey, world, look at me! I'm changing!"), there's value in looping in a few trusted people, Dr Demaraïs says. These confidants will be able to give you a heads-up if you start reverting to your old behaviours, and at the same time provide encouraging "attaboys" when you trot out the new ones. "Then you can feel more skilled and comfortable taking the behaviours to a broader audience," she says.

jacket with gold piping hanging on a nearby rack.

"How cool is that jacket?" he says. "That's on the men's runway right now?"

A young clerk in skinny jeans pulls it for him. "Uh-huh," she says. "It was spring-summer '15."

"Awesome."

The clerk leaves to fetch a larger size.

*Prince Johnny you're kind, but do be careful...*

"So Saint Laurent is very cowboy-inspired," Justin begins. "And really manly. It's one of my favourite brands."

More merchandise appears as you settle in to observe. A new jacket and a pair of high tops with suede fringe at the heel. The clerk kneels to place them before his Biebitude, deftly reaching around with one hand to keep her jacket from riding up and revealing her butt crack.

*When all your friends and acolytes...*

"Yeah, you know, I'm just getting bigger, man," Justin says, explaining his need for new duds. "It's like, my shoulders don't fit in some things."

He twists into the new jacket.

"I had a stylist," he goes on. "I don't have a stylist anymore... I've been styling myself for the past few years, just because I know what I want now... I'm grown up, so I want to take the initiative."

There's your problem right there, you're tempted to say. But don't. Because, really, you don't want to be a jerk about it. And what would be the point?

Justin tries on a few more items.

"So I'm probably gonna head out with the blue jeans, the brown shoes, the red shoes... and that's it."

A brace of bodyguards materialises – a neat trick, given their size. Together, they resemble nothing so much as a pair of bridge pylons.

"Give me two seconds," one of them says. "Because the paps are all right at the window."

The clerk hands Justin a US\$1,000 hat to cover his face – the kind of thing Richie Sambora used to wear in the early Bon Jovi days. His team assumes a Swat formation and piles out the rear door.

Justin crouches after the bodyguards as the shouting starts. Behind him comes Ryan, a pal from way back. They wind around an open car door and plunge inside. Paparazzi and groupies mash against the windows.

Justin raises his knuckles to the tinted glass as the car – a Rolls-Royce Phantom – slides out of the alley and into South Santa Monica.

### "SO I HAD A NECK INJURY ABOUT A YEAR AGO," Justin

begins, leaning back in the richly upholstered seat, his voice a low croak. "I landed on a trampoline on my neck, doing a backflip, and my neck has been messed up ever since."

"And this chiropractor who I found, he's amazing. He does all the Los Angeles Clippers. I got the connect from Denzel Washington."

You listen. Because there is something interesting about the kid. What's interesting is that he's a 20-year-old pop star

surrounded by lackeys and somehow trying to tackle the very *private* question of how to become a man.

Watching it is painful, like watching a skunk attempt to work loose from a bear trap. But there's something fascinating about it as well. It turns into a kind of dark sport. And if you watch long enough, you can't help but think: "Gee, if I only had five minutes with the kid." But what exactly would you say? And could he even hear you if he hasn't learned to listen yet?

Biebs massages his neck. Someone recalls a scene from his second movie, which shows him doing flips on a hotel bed. He's quiet for a long moment.

"It's funny," he murmurs. "I still feel... like a kid. I just still feel young. I don't feel like I'm almost 21. At all. It feels like yesterday I was doing those backflips on the bed."

The silence stretches out. But then his mood seems to lighten. "Chugging Red Bulls," he says, elbowing Ryan. "Me and this guy. Like, chugging eight Red Bulls for fun."

"Yeah, those were the fun times," Ryan says wryly. "Now, it's reality. Now, we're adults."

It's quiet again as the great car banks into South Beverly. Biebs bought Ryan a Mustang for his birthday several years back. Now, he's helping Ryan become a Hollywood director.

"There's a part of me that don't ever want to grow up," he says, in his soft voice again. "I want to always remain... to have that sense of purity inside of me where I don't... I don't want to lose that sense of purity."

The car comes to a stop

across the sidewalk outside a modern multi-storey building. The steel garage door is shut. Some paparazzi have already arrived. The Biebs is still in his ruminative zone.

"You ever notice how, like, smells and stuff bring you back to old times?" he says.

The garage door opens, and the Rolls eases in. An elevator leads to the second floor, where a woman is emerging from the chiropractor's office.

"Bye," she says over her shoulder as she brushes past us. "Thank you."

In the empty waiting room, the Biebs shares how he beat up two of his bullies in the sixth grade.

"I was a pit bull," he says. "I was small, but I could hold my own."

It seems to match his current image as a scrapper. But this doesn't sit right with him.

"Maybe that's like a cover-up for me not being tough," he says, in his soft, sleepover voice. "Like the tattoos and stuff? Maybe that's like a cover for me being a softy."

And you listen. Wondering what to think. How to judge. As if manhood were yours to bestow.

Meanwhile, a door opens and the chiropractor, Dennis, emerges. "All right, my man," he says. Dennis is an affable guy in his 60s, the kind of dude you can easily picture padding barefoot around a mansion in the Hills. Like maybe one of those 10,000-square-footers with its own orange grove.

We move into Dennis' office, and Justin climbs onto the padded table. Dennis begins working his ankle, which the Biebs sprained playing football.

"Did you recognise Demi?" Dennis asks. "You didn't recognise her, did you? That was Demi Moore who left when you came in. She's just... man, she's really gone through a lot."

A pause ensues.

"Great girl," Dennis concludes.

You wonder at the phrase. Didn't Justin say the same thing

about Anne Frank, in that unfortunate comment he left in the guest book at the Anne Frank museum?

Poor Demi. Nursing a vague sense of loss at not having recognised her, you observe that maybe the Biebs has something to learn from Demi about how to get around unnoticed.

"Pssh," he says wearily. "There's nothing I can do."

Eventually, the talk turns to that other pop star, Michael Jackson, whose perfectionism Justin admires as much as his music.

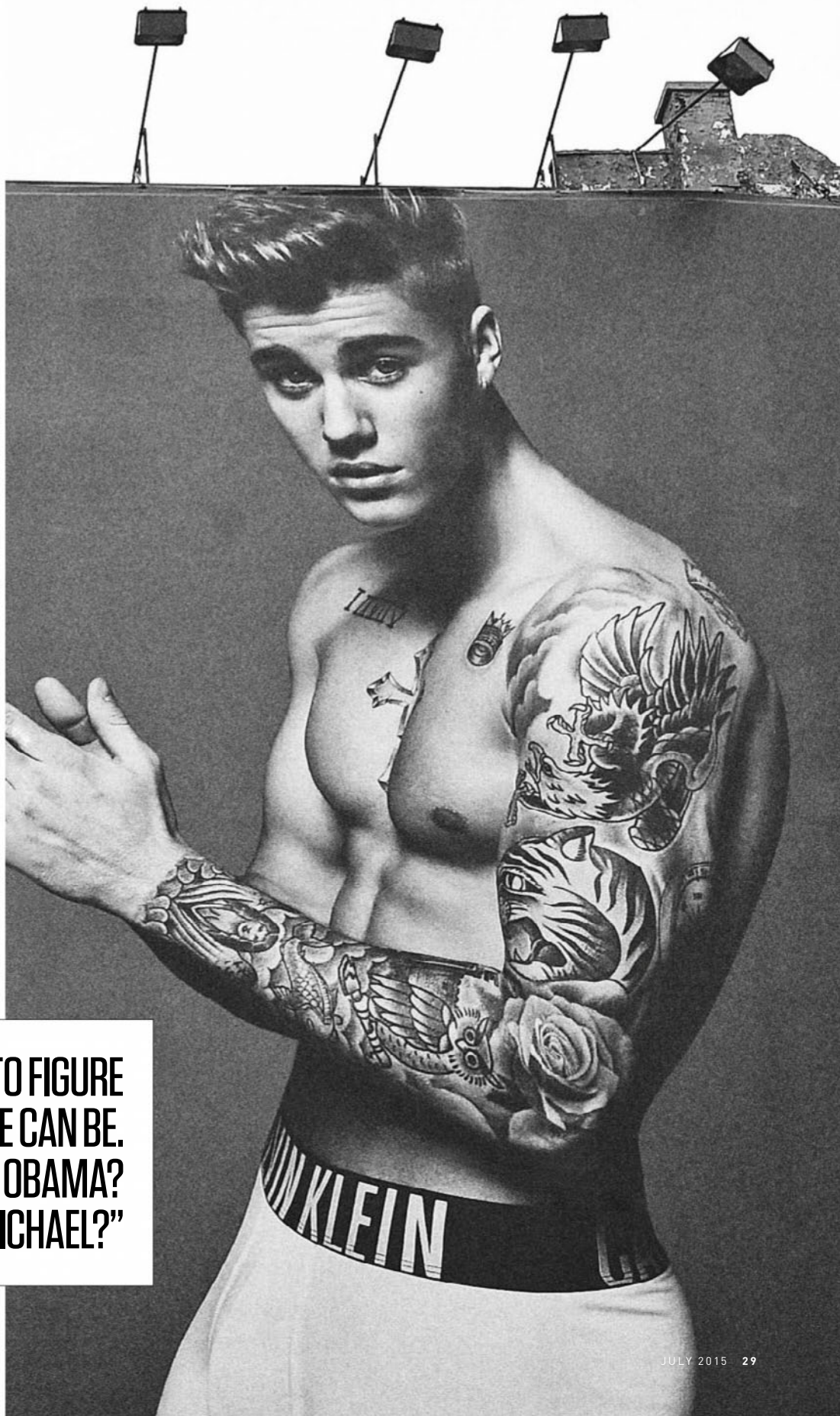
"I'm a perfectionist, too," he says. "It has to do maybe with, before, probably being accepted. You know, maybe people would like me if I was good at things. But then I'm also really just competitive and I like to win. I wasn't fit for school. They make it so everyone's the same and I was so different and so creative. And sometimes I wanted to stand when I worked. And they would tell me: 'Sit down.' And it's like, why?"

"You're a nonconformist," Dennis observes.

"Yeah. I've always been different, and I haven't been afraid to be different."

The silence resumes. You wonder how many true fans have gathered outside the building. When you next tune in, Dennis is talking.

"You were very young when you were tossed into the lion's den, bro," Dennis says, his large hands cupping the underside of Justin's skull. "Like when you kick a bird out of the nest you



**"HE'S TRYING TO FIGURE  
OUT HOW BIG HE CAN BE.  
BIGGER THAN OBAMA?  
BIGGER THAN MICHAEL?"**



hope it can fly? That's kind of like where you were at. You were young. I mean 13 is young. If you think about it, right?"

"Yup."

"What relationship skills do you have at 13? Not much."

This lingers a moment before Justin picks it up.

"I had to grow up so quick," he says. "And it was almost like I grew up for the public but I didn't necessarily grow up. There were things I had to do, as far as the way I had to make relationships, and conversation. But as far as actually growing up, there were a lot of things I missed out on."

The remark gives you pause. A bid for sympathy?

Maybe it would be better (you venture to suggest) if the Biebs

just disappeared for a few years. Like Batman. Go abroad and find yourself. Come back when you've figured it out.

"Yeah," he says, his voice a near whisper now. "I wish I had the Batman thing where people didn't know I was Bruce Wayne. Like I had a costume or something."

The chiropractic table is a place for reflection. Bones are loosened, tendons unknotted. Thoughts tumble out. Large hands find your kinks and unkink them. And just think how kinked the Biebs must be, loathed by millions, adored by millions more.

The door opens. Ryan comes in with Justin's coffee. Three creamers, three sugar. The table sighs downwards and he alights.

## THE ROLLS SAILS NORTH IN BEVERLY, tinted windows

cancelling the city's fine Mediterranean light. It does more than exclude fans and paparazzi. With its lush interior and 3570mm wheelbase, it provides a kind of rolling pressure chamber where the manling can equalise the imbalance between inner and outer, between the worship of strangers and self-doubt.

Perhaps it was this imbalance that got the best of him in 2014. It began with accusations that he assaulted a limo driver. Then that he lobbed some two dozen eggs at a neighbour's house.

Soon after that, his house was raided by cops. Then to Miami, where he was arrested at 4am for allegedly drag racing a Lamborghini while under the influence.

It goes on like that. And you could easily sit back and wish more of the same upon him. Until in the end, he achieves the well-trod exit from celebrity that some part of him surely desires.

Some survive the trial. Wahlberg did. DiCaprio. Heaven knows how. The fact is it's hard to be a man these days, even if you're not a celebrity. With gender roles constantly shifting, who even knows what a proper man is supposed to look like?

The Biebs' father wasn't exactly a steady presence when he was growing up. In a way, Justin eclipsed him at age 14. You can see him in the Biebs' first movie, a former mixed martial arts fighter looking out of his depth as his son dominates an arena full of screaming girls.

A quick left, and the Rolls dips into the cool safety of a parking garage, where a security guy in a maroon jacket waits, holding open an unmarked door. As we step into an elevator, Justin uses the moment to call attention to his diamond cross.

The Biebs turned heavenward for answers in 2014, spending time with two different but equally hip young pastors – Judah Smith from Seattle, and Carl Lentz from New York City. The latter, it is said, baptised the Biebs in a bathtub. The former accompanied on his family vacation in Palm Springs, talking and golfing his way to spiritual equilibrium. ("These were the rules: I did whatever they did," Justin says. "It was very humbling, because these past few years, everything has been on my time.")

The elevator doors slide open, and you follow him through the back entrance of Equinox. Here, you meet his trainer, Patrick, a merry Swedish gentleman with no hair at all on his head and a lot on his chin. The kind of guy who puts his thumbs in his belt and tips back a bit when he laughs.

"So are we gonna do chest and arms?" Justin says. "Is this Saturday fun day?"

Justin seems to find his vibe again now. On the incline bench, he starts pressing twin 40s. From there, it's 12 reps with a 40kg curling bar, and leg lifts for the abs. He rotates through the sets a few times, pausing to study himself in the mirror. He's 20 years old. He's trying to figure out how big he is, how big he can be. Bigger than Obama? Bigger than Michael? It's a tough thing to judge when you can see your

**"THERE WAS A MINUTE WHEN I ABUSED MY POWER. BUT IT DOESN'T MAKE YOU HAPPY."**

PHOTO: RON ASADORIAN/CORBIS

own body sprawled across a Calvin Klein ad on a 15m billboard.

The rest of the world still thinks of him as small, and seems to want to keep him that way. Because even when he puts on muscle, by the time pictures hit the Internet, someone has erased it all in Photoshop. It's like he hasn't earned it yet.

Having accustomed yourself to the hysteria that tends to surround him, you're surprised he's able to work out without getting hassled. But it's an elite gym, first of all. And most people don't work out with their phones.

"There are always pretty girls here," he says.

You want to ask him about it. The girls. You remember a story about how he brought a flashlight to a club in the Hamptons. Played it over the faces and bodies of the girls. And if he saw something he liked, he'd keep the light there until someone from his entourage could fetch it. This was his pick-up line. Not words. Photons.

"There was a minute where I abused that," he admits. "Used my power. But you come to the realisation that that doesn't make you happy."

You have to take his word for it, of course. And as he talks, you realise the funny way you each want to be like the other. He wants to be like you. Real. Limited. Bounded. You want to be like him. Or do you?

"I'm very much a relationship guy," he says. "I like to bounce ideas off the person that I love. I like having a real connection..."

He pauses to throw punches in front of a mirror. Jab, left, hook. Mayweather is a friend. Justin meets many celebrities because their kids dig him and the celebs want to know why. Satisfied with what the mirror shows, he turns and touches a fist to your chin. "Right in the kisser," he says. Then again, trying to get it right: "Pow! Right in the kisser!"

Suddenly, you feel bored. And



Upgrade Your Image

### STEP 3. TAKE TEST DRIVES

→ You won't go from, say, workplace pushover to assertive office dude without some practise. And the best place to practise? Not on the job or wherever else the stakes are highest. Try out your new image with people you'll never see again, Dr Demarais says. For example, confront the guy in line at Starbucks with "Sorry, I was ahead of you" rather than silence. Give yourself a weekly goal for these interactions, until your homework starts to feel like habit.

— CHRISTA SGOBBA

hungry. You want to be back in the Rolls, riding the wide empty avenues like a pharaoh on the Nile. The plan was to hit Sugarfish, but the Biebs went yesterday and had an allergic reaction, so plans have changed.



**OFF NORTH  
CANON, THE  
ROLLS** sneaks  
a quick right

on Clifton Way and into the bougainvillea-clad alley behind Spago. This is one of Wolfgang Puck's restaurants. Last October, the Biebs cooked with him here.

A skylight fills the spare dining room with white light. The tables are widely spaced, like the shoes on the white shelves

at Saint Laurent. Nor does the bathroom disappoint. The Biebs finds you there.

"I've come to watch you pee, bro," he jokes, standing at the sink. "You wanna know what I do? I wash my hands before I pee."

You feel an explanation is required. He obliges.

"I feel like my penis is more clean than my fingers," he says.

Is this the line you've been waiting to hear? Probably not. On the way out, he holds the door for you. He's trying, anyway. He's making an effort. In return, he asks that you take the seat with the back to the door.

"Never have your back facing the door. That's an old mobster thing. You heard of that before, right?"

Enough time has passed that you feel it's okay to start correcting him. Because that whole back-to-the door thing started with cowboys – not mob guys.

"You're right, you're right," he acknowledges. Then: "Draw, you lily-livered, yellow-bellied sonuva one-eyed bear!"

A waiter appears. Agnolotti is ordered – chestnut in a sweet butter sauce. A favourite of the Biebs.

"This has really been a big year for me, as far as figuring stuff out," Justin says. "This is almost like a full 180 from how I was. Yesterday – a year from yesterday – I was in jail."

He's talking about the drag racing charge. Which he denies. But of all the negative media, somehow the worst of it was what Bill Hader told Howard Stern about working with the Biebs on *Saturday Night Live*.

"Justin Bieber showed up with, like, 20 guys," Bill said. "He had a guy holding a slice of pizza, a guy holding a Diet Coke..."

And the backstage there is small, too. So manoeuvring around all these dudes was kind of a hassle. A totally needless hassle.

"Timberlake," Bill went on to say, "it was just him. He's a real

class act, that guy."

And there's something about the phrase that sticks with you. Class act. Yeah. Like, as hard as it may be to be a man these days, that's a phrase you could definitely endorse.

"I think at that time I was rolling a little deep," says the Biebs. "It was also a whole different phase. Timberlake was a grown man when he came on *SNL*. I wasn't even 20 years old yet."

You wait.

"But I do," he says finally. "I do aspire to be a class act."

You nod. It's the line you've been waiting to hear. Not even that he is a class act, because he isn't. Heck, we're all works in progress. But that at least he aspires to get there one day.

He's bouncing Barrett, his general manager's baby, on his knee. Barrett's hand is slick with drool.

"Babies are so gross!" his manager says, approaching with a wet wipe.

Yes, babies are gross. But Justin likes babies. Because unlike record label execs and paparazzi, at least they don't try to screw you over. He likes children for the same reason. This is why Michael Jackson hung out with them so much, Justin says.

"It's not weird. It's just innocent. But then you want to get away from that," he says. "And I think I did, too. You feel like you wanna grow up and you gotta prove yourself. Hey, man, you don't need to prove yourself. I didn't know that, though."

You get it now. It's an innocence story. A story that begins with innocence, descends into tawdry Hollywood drama, and emerges again, or tries to, into some new, stronger version of that innocence. Maybe, in time, even a certain nobility. Or whatever aged innocence becomes.

"Wait, wait," the Biebs demands. "Do you think I'm being authentic right now?"

It's a fair question. Worth pondering. Do you?



# BEAT THE CONDOM CONUNDRUM

WITHOUT PROTECTION, YOU'D BE HAVING A LOT LESS SEX. WITH THEM, SEX IS A LOT LESS ENJOYABLE. IT LOOKS LIKE A STALEMATE IN THE SACK... UNLESS, THAT IS, SOMEONE CAN REINVENT THE RUBBER.

**W**hatever you call it – love glove, salami sling or Casanova's pet name, "English riding coat" – nothing

quite beats today's modern latex condom for cost-effectively blocking conception and sexually transmitted infections.

Used correctly and consistently, an FDA-approved jimmy hat or Johnny bag can be counted on to all but eliminate the risk of postcoital mayhem, from after-hook-up paternity suits and HIV, to penile warts and a feeling your urine stream has turned into lit kerosene.

With so many problems so easily circumvented, why do most men see the rubber strait-jacket as passion's equivalent of cruciferous vegetables and dental floss? One obvious reason: Condoms are also highly effective at blocking pleasure, spontaneity and emotional intimacy.

"Perhaps the most universal truth shared by men across the planet is that they hate wearing condoms," says Danny Resnic, an American entrepreneur developing his own condom designs. "The basic design for the modern condom was developed a few years before the Wright brothers' first successful flight. Since

then, advances in aeronautics have sent probes to Mars, but other than the introduction of latex, the condom is nearly identical to the way it was."

Or, to put the situation in an even more depressing light, we're basically unrolling an incrementally improved version of the barrier contraption first depicted in French cave paintings circa 10,000BC.

When it comes to physical sensation, sex with a condom may not be quite as awful as dining with a sandwich bag on your tongue, but the analogy isn't that far-fetched. As thin as latex stretches, it still blocks a cardinal feature of sex: The deliciously slippery feel of skin on skin.

Granted, this can be simulated somewhat by adding lubricants to the inside and outside of the condom. In an online ad for its Performax

Intense condom, for instance, Durex boasts that its new product "is designed to speed her up and slow him down" – the latter courtesy of a special lubricant on the condom's interior that's been created to delay a man's climax. Not to be outdone, Trojan claims that the "ultrasmooth" premium lubricant in its Pure Ecstasy condoms allows male and female users alike to "feel the pleasure, not the condom!"

Should you put it on yourself? Or let her do it for you? Mix it up to keep things fun and interesting.

Still, for many men, latex love just isn't quite the same.

Women aren't all that thrilled with them either, says Jenny Higgins, a US assistant professor of gender and women's studies at the University of Wisconsin-Madison. When Prof Higgins surveyed 3,210 women, she was struck by how many described the drawbacks of condom sex in much the same way men did.

"I think we've just assumed that it doesn't matter as much to women," she says. "But many women complained about the same things men do: reduced sensation, decreased arousal, just not liking the feeling. In my work, I use the term 'sexual aesthetics': the smell, taste and touch of the experience. As one woman put it: 'I hate the way condoms feel. I hate the way they taste. I hate the way they smell.'"

Men, of course, have an additional burden: We must contend with the discomfort of actually wearing the things. A common lament here is that the rolled-out end of the condom is too tight.

For both men and women alike, another negative is that the guy must take a break from the action to suit up. In Prof Higgins' survey, published in the journal *Perspectives on Sexual and Reproductive Health*, nearly 30 percent of women reported that their arousal evaporates during this interlude. And in men, the problem is common enough to have spurred a new diagnosis: CAEP or condom-associated erection problems.

Research has shown that as many as 28 percent of guys will lose their erection while putting on a condom. And once it's on, up to 20 percent have problems maintaining an erection during intercourse.

"CAEP is emerging as a new concern," says Richard A.

Crosby, chairman of the Department of Health Behavior at the University of Kentucky, who adds that even young, healthy men who have no underlying risk factors for erectile dysfunction often suffer from the condition. For reasons not fully understood, drugs like Viagra don't always help either. In a 2013 study, Prof Crosby and his coauthors suggest that CAEP can become a "repeating cycle" of performance anxiety and distraction that makes affected men much less likely to practise safe sex.

There's also the fact that even in our presumably enlightened era, condom use still carries baggage. "When we started our company in 1987," says Davin Wedel, founder and president of Global Protection Corp, "just saying the word 'condom' out loud was like saying 'dildo' – people's heads swiveled. There was this sense that rubbers were something to use with prostitutes, not discuss in polite company. Social marketing since then has done a lot to help change the identity of condoms from something dirty to something much more acceptable."

Even so, says Prof Higgins, as long as condoms continue to be viewed first and foremost as venereal armour, they can't help but change the nature of

a tryst. "In our culture," she explains, "you still wear condoms mainly with people you don't know or don't trust. It's only when you're with the person you do love and trust that you don't wear them. Clearly, condoms are critical for public health. But it's important to acknowledge it's not just the physical sensation they impact. For many people, they are a barrier to emotional intimacy, too."

No wonder the condom remains such a tough sell. A growing number of researchers now believe that the only hope for reversing this trend is a complete re-imagining of the rubber.



#### RETHINKING THE CAP

At various points in my adult life, I've enjoyed dreaming up revolutionary new products.

Given the antipathy towards condoms, it's probably no surprise that I've invested (my wife prefers "wasted") considerable time thinking about ways to make these easier to endure, too. Who knows? Perhaps one of my out-of-the-box ideas for an ultimate in-the-box product could pay off handsomely.

I pour myself a beer and

type "condom" into the search bar on Google Patent, marvelling at the ease of modern life. Such euphoria proves short-lived. Almost immediately, thousands of condom patents flood my computer screen. It doesn't take long for the truth to hit me: Pretty much everything I've conceived has already been thought up – and legally patented – often decades, if not centuries, in the past.

Take, for instance, my notion of a literal jimmy hat – a miniature penile fedora, if you will, that covers just the head of the member. With the right adhesive – I'm imagining a mix of Post-it notes paste and Gorilla Glue might do the trick – this cover-up would effectively block sperm and disease-carrying semen... but not sensation. True, my jimmy hat wouldn't offer protection against all the undesirable consequences of recreational sex. But a player's two greatest buzzkills – microbial marauders and/or court-ordered child support – would be obviated, leaving his shaft gloriously unencumbered.

Alas, it takes less than a minute for me to discover WO 1999053873 A1, a "mini-condom" that its inventor describes as a "glans-only device" that protects without covering the entire penis, allowing for direct contact between the penis and vagina.

One by one, my other strokes of genius fall by the wayside. Ointment condoms capable of kiboshing cooties and conception the way sunscreens block UV radiation? These putative sperm-and-germ-killing "liquid condoms" have been tested in clinical trials – and flunked.

Even my "clothes make the man" idea has been taken. This concept would allow condoms to be embossed with

**"IT'S NOT JUST THE PHYSICAL SENSATION THEY IMPACT. FOR MANY PEOPLE, THEY ARE A BARRIER TO EMOTIONAL INTIMACY, TOO."**





everything from Brooks Brothers to an Ed Hardy logo to a tiger shark or a flattering “not to scale” ruler capable of grade-inflating an everyman’s erection into something a bit more aspirational.

But as Davin later reveals: “Back when the FDA allowed the sale of novelty condoms, we sold a ‘Peter Meter’ with a ruler on it. If you rolled it out an inch, it read ‘Teeny Weenie.’ Then a little further you reached ‘Average Joe,’ then ‘Stud,’ then ‘Hero,’ and finally ‘Farm Animal.’”



### THE REALITIES OF BREAKAGES

On more than one dispiriting occasion, I’ve felt the anxiety of a mid-tryst condom break – something that, unfortunately, I can’t attribute to possessing a member of epic proportions.

Theoretically, breakage shouldn’t happen except in rare circumstances. The World Health Organization has estimated that with perfect use, condoms are 98 percent effective at preventing both pregnancy and the spread of disease – a success rate rarely matched by any other preventive intervention.

But “perfect use” is a far cry

from the way real men and real women, in the heat of real passion, use condoms, if they use them at all. Condoms can be torn by teeth or fingernails, fail to withstand the friction of spirited intercourse, and/or slip off in flagrante delicto. Moreover, for such a seemingly simple product, condoms have also proven difficult to idiot-proof.

A sadly predictable number of users, for instance, will inevitably try to roll them on backwards, apply oil-based lubricants that degrade the latex, wait too long to put them on, take them off prematurely, re-use the same one over and over, and so forth. Don’t feel smugly superior to such dunderheads – sex has a way of revealing the idiot in even the smartest of men.

“There are lots of reasons why condoms don’t necessarily protect as well as they theoretically should,” says Stephanie Sanders, associate director of the Kinsey Institute. More research is needed, she says, to understand where the rubber meets the penis. It doesn’t help that when many of us do reach for a condom, we are often fumbling in the dark, quite possibly drunk, extremely excited, and under intense pressure to perform.

Thanks to such factors, condom effectiveness with

**“WE NEED TO START  
THINKING OF CONDOMS AS A  
WAY TO BOOST PLEASURE;  
A KIND OF SEX TOY.”**

"typical use" is more like 85 percent. For people in sub-Saharan Africa and other famine-prone regions, a 15 percent failure rate can be a death sentence, with Aids as the most common executioner. But even in affluent nations, where an advanced medical safety net can rescue us from many of our sexual misadventures, a broken condom can come at considerable cost.

According to a 2012 Italian study, sexually transmitted infections are on the rise worldwide, fuelled largely by changing sexual mores – more partners, concurrent relationships, and earlier loss of virginity – against a backdrop of increasingly inconsistent condom use with new partners. Some once easily curable infections, like gonorrhoea, have developed antibiotic resistance and become devilishly difficult to treat. Many other STIs remain incurable.

Practising safe sex under such circumstances may seem obvious. Alas, when given the choice between maximising pleasure in the moment versus avoiding significant misery in the future, the libidinous brain is far from a perfect instrument for cost-benefit analysis.

"The condom still remains a medical device that's used during sex," says Prof Crosby. "This has always been a mismatch. People aren't thinking about disease when they have sex. They have sex to enjoy themselves. If we want people to more than just tolerate condoms, we need to start thinking of them not as medical devices at all, but rather as a way to boost pleasure – a kind of sex toy that optimises sensation."



## THE LOOK AHEAD

A hopeful prophylactic pioneer is Danny. His company, Origami Condoms, holds patents on a range of condoms, a few of which are currently in clinical trials.

"The penis is designed to move in a fluid environment," says Danny. "When you put on a traditional latex condom, you immediately eliminate that dynamic because the condom remains wedded to the skin."

By contrast, his innovations include enough room for the penis to manoeuvre freely within a well-lubricated environment. Thanks to a cool design that looks like a space-age bellows, thrusting in and out creates a "reciprocating motion" with the condom, which, he says, feels like natural intercourse.

The ultimate success of the Origami accordion – like so many other ideas hatched over the decades – remains to be seen. Luckily, these aren't the only hopes upon which we can pin our pleasure.

Enter an unlikely champion out to solve the condom conundrum: Bill Gates, a man few associate with hot sex. In 2013, he offered US\$100,000 to anyone who can come up with an affordable rubber that feels as good or better than not wearing one at all. His motivation: mostly to help limit the spread of STIs and unwanted pregnancies in developing nations, where men won't touch condoms with a 10-foot pole – or their 6-inchers.

"We could save millions of human lives with better condom use," says Dr Papa

Salif Sow, a physician from Senegal who now serves as senior program officer on the HIV team at the Bill & Melinda Gates Foundation. "That's why the Gates Foundation is so interested in inspiring new condom concepts."

By the submission deadline, the Bill & Melinda Gates Foundation had received over 500 proposals from all over the world. These proposals, says the foundation's deputy director, Dr Stephen Becker, have since been triaged and sent on for evaluation by independent experts, who won't be told anything about the inventors whose work they are reviewing.

"The plan is to judge each idea on merit alone," says Dr Becker. "We anticipate that by the end of this process, we will have about 10 proposals that will receive funding."

So will any of these ideas bring us closer to the perfect prophylactic? Dr Becker remains hopeful but realistic. "Even if nothing terribly innovative emerges, we could still get some promising general ideas, refine these, and then do a second call for further submissions."

I can't help but admire Dr Becker's "try, try again" spirit. And yet perhaps it's hubris to think that adding any contraption to copulation will ever do anything but degrade the experience.

"Maybe nature has created the perfect experience," concedes Dr Sanders, "and we're foolish to think we can mess with it." She pauses just a beat before continuing. "But I have a question for you: Why, then, are vibrators so popular?"

That's all I need to hear. I head to the computer to vet my latest idea with Google Patent.

## LEARN TO LOVE THE GLOVE

**Or at least try not to hate the jimmy hat quite so much.**

### FIND YOUR SIZE

An ill-fitting rubber is an "oops" in the making. "If it's too tight, it's more likely to break," says Richard Crosby, a sex researcher. "And if it's too loose, it won't stay on." The key to a good fit? "Buy a snug, a standard and a large condom from the major brands," says Prof Crosby. Test them during masturbation. "It's like trying on jeans – you can tell right away which pair you feel most comfortable in."

### SHOP FOR TWO

Your own condom contentment is important, but if your wife isn't happy, you'll be only halfway to satisfying sex, says sex researcher Jenny Higgins. Guys focus on fit and feel, she says, "but for many women, a condom's lubrication is much more important." Your play: Avoid rubbers with spermicidal lubricants, which can irritate vaginal tissues, and keep a tube of water-based lube ready.

### SCHEDULE DRESS REHEARSALS

A study by Prof Crosby offered a tip young guys embraced: Practise putting on a condom during masturbation. "Experimenting in privacy removed any pressure, awkwardness and sense of being judged, allowing them to master this skill," he says. The idea is to replace conscious thought with reflexive action.





# WHEN IS A BURGER DONE?

MARK ROBER, A FORMER NASA ENGINEER WHO HOSTS HIS OWN SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE, REVEALS THE MATHEMATICS OF THE PERFECT PATTY.

# I

t's your classic barbecue conundrum: You fire up the grill, intending to sear some epic burgers. But somehow those patties end up torched.

In your effort to avoid serving raw meat to your guests, you err on the side of too-well-done grub.

We've cooked up a solution. Use this equation: For every 6mm of burger thickness, you need 3½ minutes on the grill. (For on-the-fly estimates, use the side of a beer bottle cap – this is around 6mm high.) Therefore, the quick rule is: Sizzle time for an average patty (25mm) is around 14 minutes.

Cooking times will be the same whether you're using gas or charcoal: Burgers are flat disks, so they'll always char evenly, at the same rate.

While timing is important, the right temperature is also key to patty perfection. First, light the grill and let it warm up. Then hold your hand around 8cm above the grate. If you can keep it there for only two to four seconds, you've hit the right medium-high range of warmth.

Now slap on your burgers and leave them there. Flip only once, halfway through the cooking time, so each side browns about the same. This works for both traditionally fatty and leaner grinds of beef.

If you want a cheeseburger,

place your slices atop the patties about two minutes before you're done to achieve melty awesomeness.

Note: For food-safety reasons, we recommend that your meat be cooked medium-well, or slightly firm and pinkish. That will ensure that your burger reaches 71 deg C throughout – the point at which harmful bacteria like *E. coli* burn up. Now you've got a taste for great science!

## SLAP THESE BETWEEN YOUR BUNS

Exotic stack-on ingredients for a chart-topping burger.

Lettuce, tomato and onion are (yawn) fine, but exotic toppings add flair that your guests will savour long after they've had seconds. Try these finishing touches from Richard Blais, author of the geeky cookbook *Try This at Home* and host of Food Network's culinary adventure show *Hungry Games*. You'll elevate your burger and earn props as a grilling great.

### BRING ON THE BEEFINESS...

with stinky fish: Intense, briny anchovies (*ikan bilis*) carry the rich umami of seared beef. Stir a pea-sized dab of anchovy paste into a small bowl of ketchup and slather up the bun.

### ADD FRESHNESS...

with a preserved vegetable: Instead of classic pickles, try thick slices of pickled beets on a bacon cheeseburger. Their sweet earthiness will offset the salty beef and bacon.

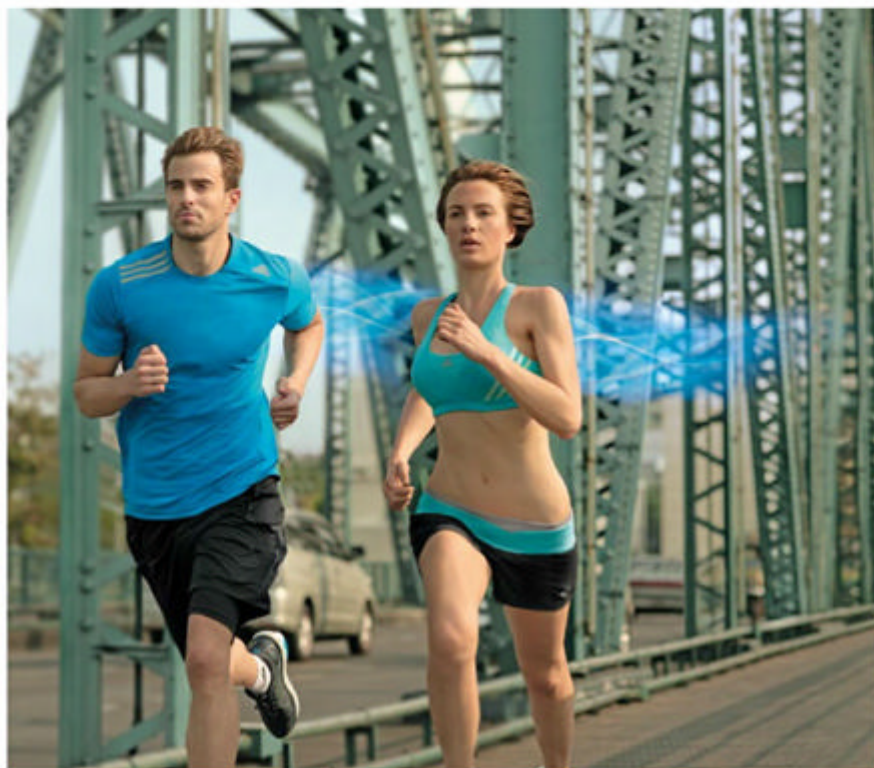
### TURN UP THE HEAT...

with a crazy condiment: Create an extra-hot spread by mixing Old Bay (a spicy seasoning powder usually used in seafood) into mayo. Season to taste.

– PAUL KITA

# STAY COOL

NOTHING COMES CLOSE TO ALL-DAY FRESHNESS THAN THE NEW ADIDAS CLIMACOOOL ANTI-PERSPIRANT. ITS MOTION-ACTIVATED CAPSULES WILL INVIGORATE YOU THROUGHOUT THE DAY.



GET NIMBLE WITH  
THE ADIDAS CLIMACOOOL  
ANTI-PERSPIRANT

**P**icture this: It is 6pm and you're ready for date night. Your hair is in place, your outfit is coordinated, and you are all set for a good time. The only snag: That end-of-day odour.

If this sounds familiar, you're not alone. You will agree that most of us don't just want to look and smell good at the start of the day. You want it to last all day.

The solution? The adidas climacool anti-perspirant, which keeps you dry and fresh day and night, and even during your most intense of workouts.

As its name suggests, this bodycare product takes its cue from the renowned apparel and shoe ranges of the same name – adidas being the expert in providing ventilation in critical heat zones.

## ■ BURSTS OF FRESHNESS

Translating climacool to bodycare, the new motion-activated anti-perspirant is a high-performance grooming essential that provides freshness all day. It contains capsules that burst with friction, and when they come into contact with sweat and humidity.

What this means is that as your day or workout gets more intense, the product works

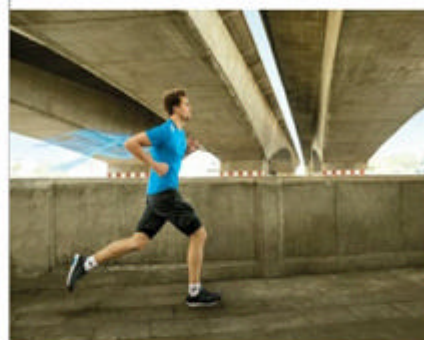
## AS YOU WORK OUT, THE MOTION-ACTIVATED CAPSULES IN THE CLIMACOOOL ANTI-PERSPIRANT BURST TO KEEP YOU FEELING FRESH

harder to give that much needed freshness and dryness.

The anti-perspirant lasts up to 48 hours in wetness and odour control. In fact, a panel of 29 male climacool users found that the sensation of freshness increased by 82 per cent after six hours of application.

What's more, adidas has thoughtfully produced the climacool anti-perspirant to be useful on all fronts, with both spray (\$8.50) and roll-on (\$4.30) formats to suit different preferences.

It is available at major supermarkets and personal care stores from June 2015.



01

Freshness on demand – capsules in the formula burst continuously with friction, sweat and humidity.

02

48-hour sweat and odour control.

03

Refreshing citrus scent.

04

Available in spray and roll-on formats.



How To Date

**TAY  
KEXIN**

# BE MUSIC TO HER EARS

THE SPUNKY SINGER-SONGWRITER  
TELLS IT LIKE IT IS, SO LISTEN UP.

**H**ere's the deal: You've got to like music to have a shot at (or with) Tay Kexin. After all, the local songstress comes from a family of musicians.

Her parents met in a Chinese orchestra back when they were in secondary school. Her sister, Tay Kewei, is also a singer who rose to fame on the reality TV talent competition *Project Superstar*. And her father continues to make a living giving lessons on playing traditional Chinese musical instruments.

"My ideal guy doesn't need to be a musician, but he must listen to music," the 26-year-old quips. "In fact, it'll be nice if he's working in the same industry or doing something music-related."

A good place to start: her weekly gigs at Timbre, Mad Men and Switch by Timbre.

LIFE WOULD  
BE A BREEZY  
BEACH IF EVERY  
MORNING  
STARTED  
WITH A VIEW  
LIKE THIS.

TEXT KENNETH WEE ■ ART DIRECTION JASON TAN ■ PHOTOGRAPHY MICHAEL TAN ■ STYLING SHEH  
T-SHIRT TOPSHOP ■ LINGERIE ETAM ■ BANGLES DOROTHY PERKINS

Don't worry, though – it's not as if she doesn't know what life's like outside the music industry. She played squash competitively at junior college. And although she was a singer in the National University of Singapore's Jazz Band during her undergraduate days, she took on a job in the corporate world after graduating with a degree in psychology.

She eventually quit to become a full-time musician and starting Sparkle Live Music, a company that provides music for functions, with her sister and another partner. In 2013, the Tay sisters were among 15 Singaporean contestants chosen to participate in China's version of the reality singing contest, *The Voice*.

After recently joining the Singaporean vocals-only group Micappella, which is signed to a record label and currently working on an album, it won't be long before Kexin becomes a household name.

So, play nice the next time you bump into her, and keep these pointers in mind.

#### BE INTO HEALTH

"I've always been a healthy person," she says, "and I'm not into fried food. I also hit the gym at least three times a week."

#### MAKE HER LAUGH

Humour is one of the most important characteristics Kexin looks for in a guy. Make her laugh, and you have her attention. Then when you're with her, really engage. "I like men who are eloquent and can carry themselves well," she explains, "because I'm in an industry where presentation matters."

#### LEARN TO TAKE A HINT

"Sometimes, people may mistake my friendliness for showing interest... when I'm just being professional," she reveals. "I'll only carry on the conversation if I'm interested in the guy."

#### TEXT, DON'T CALL

"If I show interest and give my number," she offers, "text the next day. Calling feels like we're progressing too fast."

#### NO GIRL LIKES TO BE LEFT OUT IN THE COLD

"Communication is important. It's such a cliché but it's so true," she says. "It's not so much speaking your mind but letting me know how you feel. I know guys tend not to talk about feelings, but this is important in a relationship."

**"IF I SHOW INTEREST AND  
GIVE MY NUMBER, TEXT  
THE NEXT DAY. CALLING FEELS  
LIKE WE'RE PROGRESSING  
TOO FAST."**



#### DIGITAL EXTRA!

Download *Men's Health Singapore* on Magzter or Apple Newsstand for more of Tay Kexin.



## 1

**DO YOU NEED TO ASK HER PARENTS' PERMISSION?**

According to numerous surveys and our own anecdotal research, most men think they should ask before proposing – and most women think you should as well. It's a matter of respect, more than tradition.

2 **DOES THE PROPOSAL HAVE TO BE OVER THE TOP?**

If she likes grand gestures, go for it. But it must be sincere, says Cara Loh, a "W Insider" at W Singapore Sentosa Cove. "I believe that's what makes a proposal memorable, no matter how extravagant or simple it may be. Once, there was a guest who proposed at Sea Aquarium with an expensive ring and 99 stalks of rainbow roses. But she said 'no.'"

3 **HOW DO YOU PICK A PROPOSAL SPOT?**

According to a survey by Theknot.com, most women would not want to be proposed to at a restaurant. Take into account what's

special to both of you, advises Nick Oxborrow of events agency Fabulation (www.fabulation.com.sg). "And plan the day, not just the moment you go down on one knee. Make it a date so she can enjoy the afterglow. It would

be anti-climactic to go home afterwards and watch TV, right?"

4 **HOW DO YOU FIGURE OUT HER RING SIZE?**

Well, swipe a ring from her jewellery

box and then put it back without her knowing. Alternatively, it's fairly common to make ring-buying decisions together these days, says Jann Tan of local jeweller Jannpaul. You can save the

surprise factor for the proposal itself.

5 **HOW MUCH SHOULD YOU SPEND ON THE DIAMOND RING?**

Start with \$2,000, Jann advises. "That gets you a proper 0.3-carat stone, the smallest diamond certified by the Gemological Institute of America." Then drop extra if it'll get you perfection.

6 **WHAT HAPPENS IF SHE SAYS "NO" OR CALLS OFF THE ENGAGEMENT?**

It could be that you proposed too early, says dating expert Violet Lim, CEO of Lunchlick and co-founder of Lunch Actually. "You'll know she's ready if she has actually talked about marriage and a future with you. Otherwise, make a clean break and move on with your life. It's better to realise that you're not meant to be together before you're actually married."



**VIDEO** Check out our ring-buying hack in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.



"YOUR ONE STOP SOLUTION CENTRE FOR

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# IT'S A LOVE MATCH

YOU MAY FEEL LIKE YOU'RE MR RIGHT (PUN INTENDED), BUT WHY ISN'T YOUR PROFILE PICTURE SCORING MORE SWIPES OF APPROVAL ON TINDER?

**F**

or all the talk about men being creatures led by their eyeballs, if there's anything to prove that women can be just as visual, it has to be the rise

of Tinder. There's really no way to sugarcoat a first impression – either you've made your mark within mere seconds, or you're brutally relegated to the pile of “no thanks.” While it's true that everyone's taste in the opposite sex is different, it's not difficult to crack the code on what usually constitutes a swift swipe left.

Here's the reality: Less is more. And I'm not talking about your clothing choices (unless you're built like Chris Hemsworth, more is definitely more) but what constitutes a good profile picture. Quite often, a no-frills, flattering photo of yourself alone gets

the job done – and a good smile helps to seal the deal.

Take it from a chick who has battled the minefield of Tinder. These archetypes definitely didn't get my swipe of approval.

## THE SPORNOSEXUAL

If you've got it, flaunt it... with discretion. Close-ups of your bulging biceps or crotch aren't great visual pick-up lines.

Also, it gives rise to us wondering if you really have a trousers snake or that's just a bottle down your pants. If you've got a great bod and want to show it off, we're more than happy to admire the view, but there are always ways to

get the point across tastefully. A quick rule of thumb: Topless picture at the beach is a yes, but flexing in your room or taking gym selfies is a no.

## THE ACTOR

Don't fake it, because you won't make it. It's easier to catch a lie than you think, and nothing reads insecurity quicker than trying too hard to impress. Don't put a picture of yourself when you had a six-pack five years ago – or worse, steal images off the Internet of dashing Asian celebrities (yes, it happens more often than you think). I think I speak for most women when I say we Google pretty much every guy



we start talking to on Tinder, and that's another reason why we swipe left on pseudonyms: They beg the question of what you have to hide.

### THE COMEDIAN

A sense of humour always ranks high in a girl's books but, unfortunately, humour doesn't always translate well in cyberspace. You might think you're showing your hilarious side with a picture of you cross-dressing or pulling pranks, or even an unflattering picture of yourself to show you don't take yourself too seriously, but at the end of the day, Tinder is a dating app.

We want to see guys whom we can be attracted to, not friendly goofballs. (At best, you'll get friendzoned; at worst, it can be seen as just weird.)

### THE PLAYER

Nothing makes us swipe left faster than a picture of you with another girl. It may be your sister or best friend, but there's no way of telling. The fairer sex can get fairly competitive, and when we get the idea that you've got plenty of women on speed dial, it's just unnecessary drama we don't want to have. Plus, if you're so successful with the

**"DON'T FAKE IT, BECAUSE  
YOU WON'T MAKE IT.  
IT'S EASIER TO CATCH A LIE  
THAN YOU THINK."**

ladies, then there's no need to be on Tinder. Save the wild clubbing photos for Instagram.

### GET TEXT-SAVVY

A picture may say a thousand words, but you don't want to spoil it all with a questionable

bio. I've come across some bizarre ones ("hobbies include running my hand along coloured bricks") to abusive ("why are you on Tinder, you superficial \*insert swearword here\*") to pompous and pretentious. Case in point: One of my matches claimed he was keen on philosophy. But when asked what branch of it he was interested in, he changed the subject so fast, I had digital whiplash. Keep it short, smart and to the point – we can find out your hobbies once the conversation starts rolling.





# BALLS OF STEEL

ONE FOOTBALL FAN FINDS OUT WHAT IT'S LIKE TO FACE OFF WITH A PROFESSIONAL STRIKER.

I

'm standing between the goalposts at Red Bull Arena in the US state of New Jersey, waiting to receive a shot from Major League Soccer scoring champ Bradley Wright-Phillips. He's set up at the penalty spot, 11m away. Now I rub my gloved hands together uneasily, since Bradley delivers cannon blasts that top 206km/h. My options look limited: Block it or he scores. Either way, this is going to suck.

TEXT SHAWN DONNELLY PHOTO CORBIS



Like many guys, I once played football recreationally, even at the club level at university. Now that I'm older, I spend my time riding the bench. Okay, couch. Every football season, I watch goalkeepers concede goals during penalty kicks and can't help but laugh. No, I've never played that position. Yet according to MLS statistics, pro shot-blockers stop only a measly 17 percent of the incoming. Surely I can do better than that.

To find out, I contacted Bradley and asked if he'd risk his rep by facing me mano a mano in a shootout. Surprisingly, he agreed.

He'll take five

shots, the same number each team would take if still tied at the end of extra-time in an MLS Cup game. If I block just one, it'll be my moment – a chance to go home satisfied and live on in my own bar lore forever. That's reinforced by the words of Luis Robles, the Red Bulls' own netminder, who tags along to offer guidance. "The pressure is on the shooter," he says.

I've researched this particular shooter to gain an edge. Bradley scores predictably: He went to his left four out of six times in penalty kicks last season.

So as he leans forward and plants his left foot beside the ball to shoot, I begin to shift to

my right.

Then the ball screams past me – much faster than I'd anticipated. It smashes into the net in less than half a second, well before my feet ever leave the ground. "Did Luis teach you to dive?" Bradley quips in his London accent.

Second kick: I again guess left, but hesitate a split second before diving. The ball hits off one hand but still goes in. I pound the turf, frustrated. "It's not natural to throw your body in front of something moving that fast," Luis reminds me.

The third, fourth and fifth attempts go by in a blur – it's the ball zipping past, untouched. At one point, I lunge right. Early

enough, and guessing correctly. Still, the ball sails over my head into the net. It seems to me that the goal may be the one thing in the world that looks smaller on TV.

Game over. I've lost – and frankly, I'm bummed about it. At 1.9m, I'm taller than some MLS 'keepers, but apparently not nearly as quick or as clairvoyant. Yet Bradley seems oddly eager to keep going. "One more?" he asks.

Why not? Nothing else has worked, so this time I decide to totally sell out, lunging hard to my left in that split second before he boots the ball. It's a silly play – unless I'm correct and can actually block the

shot. This time the ball seems to curl towards me. I reach out, feeling the sharp sting of it slapping hard against my fingertips. For a second, I think I'll catch it. I got this!

Then the ball bends my fingers back, blasting straight through my hands.

There will be no highlight reel moments (for me, at least), but I leave feeling strangely electric. Being on the pitch brings back that love of the game in a way that a guy can only appreciate when he's breathing hard, living it.

Back home, I sign up for a recreational league again. Let our goalkeeper go 0 for 6. I'll still be cheering for him.

**"IN THE FACE OF A PENALTY KICK, FLINCH RIGHT AND DIVE TO YOUR RIGHT. THE SHOOTER WILL BET YOU DIVING THE OPPOSITE WAY. HE MAY END UP KICKING STRAIGHT AT YOU."**





# YOU GOTTA MOVE IT, MOVE IT

IF YOU ARE STRIVING TO TAKE YOUR HEALTHY LIFESTYLE TO THE NEXT LEVEL, THE POLAR A300 FITNESS AND 24/7 ACTIVITY MONITOR MAY JUST DO THE TRICK.

It doesn't take a rocket scientist to figure out that real fitness is not measured by the number of reps at the free weights section or the distance you run each week.

Rather, it's decided by the lifestyle choices you make every day. Do you take the bus or walk for a couple of stops? A night out at the bar or sneak in more zzzs?

This may be common sense but it's always easier said than done. Your health goals can be much easier to attain with some nudging from the new Polar A300 fitness and activity monitor.

## MADE TO MOVE

The Red Dot Award-winning gadget covers it all, from monitoring the steps taken and distance covered to active time, the amount of sleep you're getting and how restful you are.

Think of the A300 as your friendly personal trainer. During sedentary periods, it will start vibrating to get you off your bum. The Activity Benefit feature tracks all active choices made throughout the day, and shows how they have helped you stay fit and on the move.

Pair the A300 with Polar's H7 heart rate sensor to get the most out of your workouts. Find out if they're helping to burn fat or improve fitness. The number of calories burned is also more accurately measured this way.

To save your daily summaries and track your progress over a longer period of time, you can sync details saved to the Polar Flow web service.

## ATTAIN YOUR FITNESS AND HEALTH GOALS WITH THE A300, YOUR IDEAL PERSONAL TRAINER.

## MATCH YOUR MOOD

Available in six colours, the A300 looks and feels great on the wrist with its seamless design and comfortable fit. Additional silicon wristbands can be purchased separately as well.



To power up the A300, simply plug the USB into any power source or computer. Just one charge can keep the gadget running for up to four weeks.

For more details, visit any authorised retailer or [www.polar.com/sg-en](http://www.polar.com/sg-en).

AVAILABLE IN THESE COLOURS: CHARCOAL BLACK, STORM GREY, POWDER WHITE, MELLOW YELLOW, INDIGO BLUE, AND SORBET PINK. GET ONE THAT CAN BRIGHTEN YOUR DAY AND KEEP YOU FIT AT THE SAME TIME.

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# A BIG, PAINFUL PROBLEM

**A NEW SUPERBUG IS TARGETING SEXUAL ADVENTURERS AND THWARTING OUR STRONGEST MEDS. WORRIED YET? YOU SHOULD BE.**

**R**yan is 29 and single, an outdoorsy guy who earns a comfortable living as a consultant in the health-care industry. A respected professional with multiple degrees, he played lacrosse at university and still loves the sport. He works out six days a week and, until his health suddenly deteriorated, hadn't taken a sick day in three years. But that run of exceptional health ended one morning in early 2012, when he woke up and noticed a stinging sensation when he peed. A few days later, Ryan was pissing fire.

When yellow pus began seeping from the end of his penis, he realised the problem would not disappear on its own. "I have a very high pain tolerance, and could keep calm and carry on, but this was definitely..." he searches for a word, "...an experience."

He finally sought help at a clinic he had discovered

as an undergrad, a place he could enter with a degree of anonymity.

Ryan had a textbook case of gonorrhoea. But you should note that the textbook is being rewritten by *Neisseria gonorrhoea*, a strain of bacteria that causes the second most common of diseases tracked in the US. The affliction is probably as old as civilisation itself, with references dating back to Chinese medical texts from 2600BC. In the 1940s, with the introduction of penicillin, gonorrhoea became little more than an inconvenience, a problem easily cleared with a single doctor's visit. Penicillin remained a reliable clap killer until 1976, when the mutating microbe finally gained the upper hand over that go-to antibiotic.

Over the following decades, gonorrhoea quickly overpowered each new antibiotic that doctors threw at it. In 2007, the afflicted could rely on only one class of drugs, called cephalo-sporins. By 2012, the year Ryan ended up

## A LOW BLOW

Super-gonococci hit where it hurts and laugh at meds marshalled to conquer them.



at the health clinic, the US Centres for Disease Control and Prevention recommended switching from an oral form of cephalosporin to an injectable version that would pump higher concentrations into the patient's bloodstream.

So it was that Ryan received 125mg of the drug ceftriaxone with a jab in his left butt cheek. The symptoms vanished... but then reappeared with new vigour a couple of months later. Ryan returned to the clinic. "They couldn't believe I had it again," he says. He swore he is not a fan of wanton sex. He took another shot – a double dose. Again the burning urination and pus-filled discharge subsided.

That is, until the symptoms recurred for a third round. This time, doctors sent a sample of Ryan's bug to be analysed by a lab in an effort to find something that would exterminate it. His bacteria became a public health marvel in the state of Vermont, a kind of uniqueness that Ryan didn't appreciate. He knew persistent gonorrhoea could leave him sterile and "do all sorts of crazy stuff." For instance, it could infect the fluid surrounding his spinal cord and brain.

In the end, Ryan was lucky. His infection finally yielded to a titanic 500g dose of ceftriaxone – four times the amount of his original injection – plus a second antibiotic. It left him dizzy and nauseated, but cured.

### THE SUPER-GONORRHOEA

We live in the era of the super-gonorrhoea. Drug-resistant gonococci are now spreading to such an extent that the World Health Organization has declared gonorrhoea a global concern, and warned that

## GONORRHOEA HAS BECOME A GLOBAL CONCERN, AND INFECTIONS MAY ONE DAY BECOME UNTREATABLE WITHOUT NEW DRUGS.

without new drugs, infections may one day become untreatable.

"This is clearly a superbug," says Dr Peter Leone, an infectious disease specialist and professor of medicine at the University of North Carolina in the US. He predicts that gonorrhoea will eventually conquer the only remaining drugs it now succumbs to, as it has done with all the drugs thrown at it in the past half century. And it's not just a penis-vagina problem anymore. Now, more cases of gonorrhoea are in the throat or rectum, Dr Leone says. "In those sites, people often don't have symptoms." This new development will allow gonorrhoea to move silently from person to person, with little to slow it down.

### RUNNING OUT OF ANSWERS

Each year, gonorrhoea infects around 107 million people worldwide. In the US, that translates to an estimated 820,000 new cases annually. The rate has remained relatively flat for about a decade. What worries public health officials is the upward creep in drug resistance to cephalosporins, and how loss

of the final treatment now on the market might redirect transmission. Around 0.1 percent of infections tested in 2008 showed some resistance to ceftriaxone. That figure had quadrupled to 0.4 percent by 2011 but dropped back down after doctors started increasing the amount of drug given for treatment.

If those numbers sound tiny, realise that an antibiotic is usually dropped due to ineffectiveness when the proportion of resistant infections hits 5 percent.

Consider this: Last July, doctors in Sweden writing in the journal *Eurosurveillance* described the challenges they faced trying to eliminate resistant gonorrhoea from the throats of four men and women. In three of them, 500mg of ceftriaxone (the dose that finally cured Ryan) hadn't so much as budged the infection. Eradication eventually required 1,000mg of the antibiotic.

To combat resistance, US doctors now routinely administer injections of 250mg of ceftriaxone, along with a second antibiotic for seven days as back-up. That strategy appears to be working – for the time being. In the past two

## TRAP CLAP

**Yes, there are ways to protect yourself from gonorrhoea (other than avoiding sex, of course).**

It's easy to dodge a superbug: Pass a gonorrhoea screening, and have a monogamous relationship with someone who is bug-free. Failing that...

### > BE SCREENED, SHARE RESULTS

If you're having casual sex with multiple partners, get tested to find out for sure whether you're infected with any sexually transmitted disease.

### > USE A CONDOM (PART 1)

Some common errors: Putting the condom on only after intercourse has already started; realising that it's on inside out and flipping it over slightly used; opening the package with something sharp (fellas – no teeth!); and using an oil-based lubricant, such as petroleum jelly.

### > PASS THE ORAL EXAM

The back of the throat can also harbour gonorrhoea – and 90 percent of the time, the infected person has no symptoms. However, you can't get it from normal kissing. Infection requires the tip of your penis to come into direct contact with the bacteria.

### > USE A CONDOM (PART 2)

Yes, you do need protection – even during oral sex. Think that's no fun? Try gonorrhoea.

### > EDUCATE YOURSELF

For the very latest info about infection rates, preventive strategies, and other tips that can save your sex life, check with the Singapore Health Promotion Board.



years, the percentage of gonorrhoea cases with resistance to ceftriaxone has dipped.

Still, no one thinks the problem is solved. "We're hitting gonorrhoea with a sledgehammer," says Dr Jeffrey Klausner, a public health infectious disease specialist at UCLA, "but we're running out of sledgehammers."

Stopping the disease will ultimately require new drugs, but there hasn't been any for more than a decade. Between 1930 and 1962, about 20 new classes of antimicrobial drugs came on the market. Since then, only two have debuted, the last one appearing in 2003. That's why a potential new antibiotic received an explosion of media attention this past January, even though it had been tested only in mice.

The economics of drug development favour medicines that people take often and for a long time, like treatments for high cholesterol or arthritis. (Recent legislation has tried to encourage antibiotic development by making the finances more attractive.) At

the same time, unlike drugs for chronic diseases, antimicrobials carry the unfortunate distinction of losing effectiveness as years go by.

Bacteria develop resistance through exposure to doses of antibiotics that don't wipe out the entire colony. The aftermath leaves behind just the bugs that were able to outmanoeuvre treatment. Those resistant bacteria can then spread to other people.

Experts also warn that the widespread use of antibiotics in the food industry could foster the development of resistant organisms by exerting a constant, low-level survival pressure on bacteria. It's as if we're putting them in training and helping them build more strength. Since 2012, in order to help preserve the power of cephalosporins, the US Food and Drug Administration has banned their use to promote growth of livestock.

### A SERIOUS THREAT

Gonorrhoea is just one chapter in a larger story of global drug resistance. So many infections

are now resistant to treatment that in 2014, an official with the World Health Organization warned that without urgent, coordinated action by many stakeholders, the world is headed for a post-antibiotic era, in which common infections and minor injuries which have been treatable for decades can once again kill.

Last fall, the White House launched a battle against resistant infections, calling them "a serious threat" to public health and the economy. Among the concerns are three resistant organisms the CDC has classified as urgent threats. Two primarily infect people at hospitals. The third, and the only one that largely preys on healthy people, is gonorrhoea.

A lot of microbes resist drugs that attack them, but gonococci are notoriously skilled at it. For instance, a single gonococcal microbe can scavenge genes from its neighbours, splicing the new DNA into its own genome. If another organism, even one of a different species, carries genetic code for a molecule that disables a drug, it can

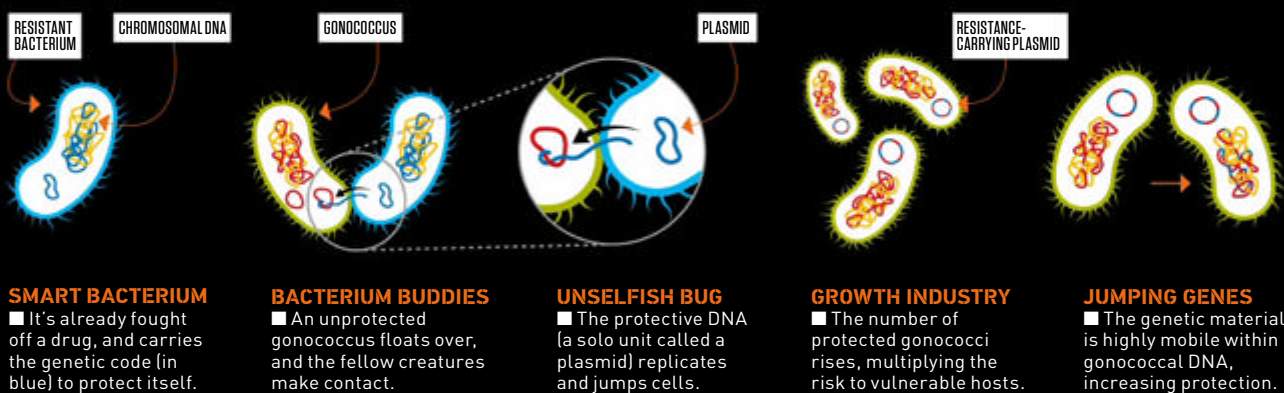
share it with gonococci that were never even exposed to the medicine.

Should gonorrhoea pick up the means for cephalosporin resistance from another kind of bacteria, it wouldn't be the first time. In the 1980s, gonorrhoea became resistant to the antibiotic tetracycline by stealing genes from group B strep, a bacterium that causes a sore throat.

Even worse is the fact that gonococci will huddle among the bacterial masses at the back of the throat, giving the organism an entire lending library of helpful genes to choose from. "It is the ultimate social network," says Dr Jonathan Zenilman, chief of infectious diseases at Johns Hopkins Bayview Medical Center in the US. And because 90 percent of people who have gonorrhoea in the throat are completely unaware that they are infected, they have no reason to seek treatment. Of the four Swedish patients with highly resistant gonococci, only one had a scratchy throat. The other infections were discovered with routine samples. How do you treat a

## RESISTANCE IS FERTILE

CLEVER HUMANS MAKE ANTIBIOTICS TO FOIL DISEASE. CLEVER BACTERIA SWOP DNA TO FOIL THE DRUGS.



disease no one feels? How do you stop its spread?

Gonorrhoea in the pharynx also claims new victims because of the popularity of oral sex, which more than 80 percent of US men in their 20s and 30s engage in. Hardly anybody uses a condom for that. But receive condomless oral from an infected partner, and bacteria from the throat can easily infect the penis.

### SIGNS OF TROUBLE

Resistant gonorrhoea tends to arise in Asia, which is home to both a thriving sex tourism industry and readily available antibiotics. The initial signs of serious trouble for ceftriaxone appeared in 2007, when Japanese physicians reported the cases of four infected men who'd had sex with prostitutes. Each of the men required a then-unheard-of 1,000mg of the drug to be cured.

In 2011, doctors described a gonorrhoea strain discovered in the throat of a 31-year-old sex worker in Kyoto who had come in for routine screening. Her infection also required 1,000mg.

In the US, resistant infections tend to make landfall in Hawaii and states along the US West Coast – presumably because they're closest to the hot zones across the Pacific. That's where public health officials are particularly on the lookout for cephalosporin resistance. Still, only a fraction of cases are cultured. "It is a surveillance system that, six months after you've already got a crisis, tells you you've got a crisis," says William Smith, director of the National Coalition of STD Directors.

The use of bacterial cultures has fallen out of favour as clinics adopt quicker diagnostic tests. Those tests can tell you a person has gonorrhoea but provide no information about whether the

bug is resistant. As in Ryan's case, an infection is presumed to be susceptible to standard treatment unless gonorrhoea recurs. And even then, it's often mistaken for a new infection, not a boomerang of the first one. That means resistant strains could be treated with the same ineffective dose again, adding new generations of superbugs to the spawn as a result.

Dr Smith's organisation has appeared on Capitol Hill asking lawmakers for an additional US\$53 million in emergency funding to combat the influx. Without action, he warns, "we may have another untreatable STD on our hands." In addition to paying for more surveillance, the money would be used to teach private doctors to make proper diagnoses and increase public awareness. And it would strengthen local health departments, which are straining to meet demand.

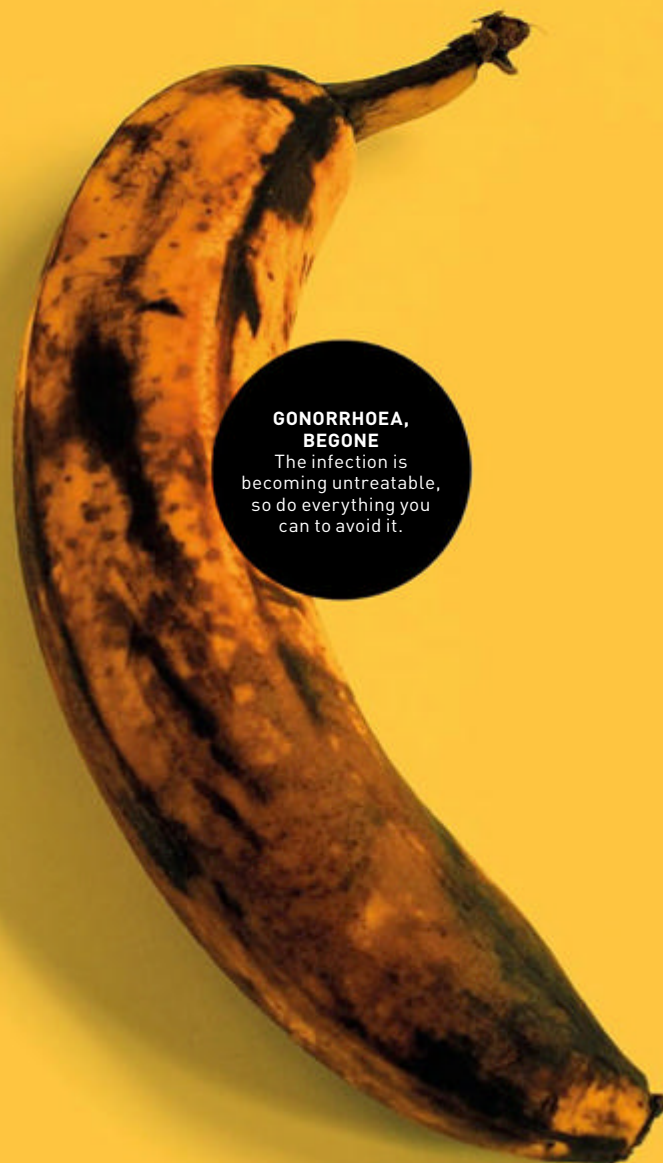
In 2012, more than half the country's STD programmes lost budget money, and 21 health departments closed their STD clinics altogether. And clinic doors are slamming shut at a time when hyper-resistant gonorrhoea has already popped up in Spain, France and Australia. There's no reason to think the rest of the world's problem won't soon be ours, too.

"We are using the last known, proven antibiotic in the pipeline," Dr Smith says. "We know that it's going to develop resistance to the current regimen. It's just the way this bacteria works."

As for Ryan, he hasn't had any problems since his infection, but it's not something he's chancing again. He has been warning his friends not to be lulled into complacency just because a partner seems healthy.

"It's a superbug," he says. "I was fortunate."

## GONORRHOEA IN THE PHARYNX ALSO CLAIMS NEW VICTIMS BECAUSE OF THE POPULARITY OF ORAL SEX.



### GONORRHOEA, BEGONE

The infection is becoming untreatable, so do everything you can to avoid it.



# WHY BEER IS GOOD FOR YOUR... BACK?

SHOW SOME SPINE, BRUSH OFF INJURIES AND PAIN-PROOF YOUR BODY WITH 12 TRICKS FOR A STALWART SKELETON.



#### Digital Extra!

Download *Men's Health Singapore* on Magzter or Apple Newsstand for an interactive guide to stretching to back up your spine and straighten you out for good.

1

**GLASS HALF-FULL**

Get yourself to the pub. You heard. A couple of drinks a day is better for your bones than abstinence, says Oregon State University in the US. Barley-rich beers are better than wine or spirits, providing a big hit of silicon to bolster your skeleton. Just don't fall out of the taxi later.

2

**STEAM MACHINE**

A 30-minute stint in the sauna spikes bone-bolstering HGH (human growth hormone) by 142 per cent, says the

*Annals of Clinical Research*. It also shunts more blood to your skeletal system. So squeeze in a pre-match session to ensure you can stand the heat on the pitch.

3

**JUMP YOUR BONES**

Take your fitness regime back to playground simplicity. Free-standing jumps boost bone density

better than running, says the *American Journal of Health*

*Promotion*, and two sets of 10 jumps a day is enough to benefit.

4

**CHECK YOUR EGO**

Declining a request to help lug around a friend's junk is smart, not spineless. Back pain accounts for

7.6 million lost workdays in the UK each year. So if you must help out, keep the object close to your body, above knee-height, and change direction with your feet, not your waist.

5

**WEIGHT IT OUT**

Abandon the queue for the leg press. Studies have linked it to lower-back problems. Swop presses for spine-

sparing squats (6 sets of 10 reps). North Texas University found this release more of that valuable HGH.

6

**DON'T GO SOFT**

Designated drivers, beware: Fizzy drinks do more than pump you full of sugar. Coke is co-related to a 4 percent drop in bone density, found Tufts University in the US, with the calcium-leaching combo of caffeine and phosphoric acid to blame.

7

**BONE MUNCHER**

Boil up your roast chicken carcass to make a broth for stews. Bone broth is rich in collagen as well as multiple minerals that build denser

bones and soothe ache-causing inflammation.

8

**A HEADS-UP**

Dealing with your morning e-mail influx on the commute is a pain in the neck. Luckily there's an app for

that. Posture Zone uses

DECLINING  
A REQUEST  
TO HELP LUG  
AROUND A  
FRIEND'S  
JUNK IS  
SMART,  
NOT  
SPINELESS.

sensors in your smartphone to notify you if you're holding yourself at an awkward angle.

9

**GET HIGH**

Intermittent hypoxia (temporarily restricting your oxygen supply) is shown by Istanbul University to trigger bone metabolism.

A hypoxic chamber is cheaper than hill sprints in Nepal.

10

**SPECIAL K**

Vitamin K is the unsung hero of skeletal health, reports a study in

*Nutrition* journal. It supports the function of osteoclasts (bone-building cells). Eat leafy greens or take supplements that pack this vital vit.

11

**BOARD MAN**

Balance-specific sports have double benefits, building your spine-supporting muscles. Brave the waves in

warmer climes, head for the ice rink if you want to impress a date, or skateboard to the office if the ERP chargers are hitting you that hard.

12

**GIVE IT UP**

Take a break from cigarettes. Smoking inhibits the uptake of vitamin D,

which is crucial for calcium absorption, and increases the risk of fractures. The good news: University of Connecticut in the US found quitters see significant improvements after a year.





# LAY FATIGUE TO REST

OWNING THE DAY IS ABOUT HOW WELL  
YOU SLEEP, NOT HOW MUCH. HIT SNOOZE ON YOUR EIGHT  
HOURS AND STREAMLINE YOUR SHUT-EYE.

# N

apoleon's march through Europe was fuelled by six hours a night. Churchill logged five hours and won a war. Bill Clinton led the free world on four and still found time for other horizontal activities. Our very own LKY brought our nation-state from third to first world with a paltry six hours as well. But for some reason, you spend a third of your day in bed, then complain you don't have time to finish your to-do list. You and your bolster are not happy bedfellows. Consider this an intervention.



You need eight hours sleep a night just like you need five portions of fruit and veg. A cucumber? Good. A cucumber that's deep-fried and sold in a foil bag? No so much. Equally, logging the same amount of time unconscious as you do at work is a waste if you spend it staring at the ceiling, outside a state where your brain can actually recharge. It's why you wake up feeling – and often looking – like you've gone three rounds with Manny Pacquiao even when you turn in before the Arsenal-Manchester United fixture.

So how do you emulate those nation leaders, who did a touch more than just survive on severely restricted shut-eye? It could be they were simply genetically wired to be short sleepers. In which case, you have Mum and Dad to blame for a proclivity to roll

over when the alarm shatters your slumber. Or these leaders could have trained themselves to get by on less. As can you.

Not all sleep is created equal. Your somnolent hours see your brain cycle through four stages. Restorative sleep comes in the third. This "slow-wave" phase sees a rise in delta brainwaves, which, among other things, stimulate growth-hormone production – the stuff muscle-building dreams are made of.

Reaching delta-wave sleep takes around an hour, and your brain doesn't spend long there before cycling first into dream-heavy REM sleep, then

back to a near-waking state.

It's like going to the gym and spending an hour strolling on the treadmill, banging out 10 deadlifts, then heading straight for the sauna. But if you can hijack the process, you can get better results in less time – at the gym and in your bed.

The important thing to realise is that cutting back from a full eight hours to a functional four won't happen, well, overnight – at least not if you want to safely get behind the wheel of a car the next day. But after sleep deprivation, your brain reaches delta-wave state faster.

So, by gradually reducing your hours, you'll train it to shortcut straight to the good bit. Start by pushing lights out back five minutes every night for four weeks. Just ensure you keep getting up when your alarm goes off, even if that means enlisting your better half to roll you out of bed. And – we're sorry – that includes weekends.

You can encourage your body into slow-wave sleep more quickly by chucking out

## DON'T SLEEP ON THESE DEALS

### QUALIFIED REST

A study by *Psychosomatic Research* that looked at students' nightly habits found sleep quality trumps quantity for mood, health and odds of nodding off at work.

### BE A MEATHEAD

One night of sleep loss elevates levels of chemicals seen in men with head injuries. A breakfast of creatine-rich steak will heal you.

### GENE-IUS

People who thrive on less than six hours share a variant of the DEC2 gene, which stops lack of sleep curbing their productivity.

### CUT OUT RICE

Ketogenic diets (high fat, very low carb) increase your delta brain-wave activity, which reduces body fat and grogginess.

**YOU CAN ENCOURAGE YOUR BODY INTO SLOW-WAVE SLEEP MORE QUICKLY BY CHUCKING OUT THE CARBS.**

the carbs. That helps guarantee that the hours you're getting are prime quality, not dream-ridden.

This process will admittedly take its toll in the first month. Expect to be groggy and short-nerved as a new dad. But the body will adjust in time. You'll soon find that you're not only back to fighting form but, with all the extra hours available, inspired to fill them.



# SUPERFOODS FOR MEN

STOCK UP ON THESE 21 FOODS WITH SUPER POWERS, RANKED ACCORDING TO SCIENCE.

**Y**ou know fruits and vegetables are healthy, but nutrient-density research shows that some produce deserves all-star status. "Nutrient density is a method for

identifying foods that give you the most nutrient bang for your calorie buck," says sports dietician Rikki Keen. For example, a recent study in *Preventing Chronic Disease* scored produce based on protein, fibre, vitamins and minerals. Pick the top-ranked foods on the right and diversify your colours (that is, phytochemical content), says study author Jennifer Di Noia. These are the muscle-building, brain-enhancing, wrinkle-erasing, heart-strengthening, bone-protecting, immunity-boosting and inflammation-fighting foods you should be eating every day.

The answer to keeping trim and fit isn't to eat less food – it's eating more of the right foods.



| PRODUCE |                  | SCORE |
|---------|------------------|-------|
| 1       | WATERCRESS       | 100   |
| 2       | CHINESE CABBAGE  | 91.99 |
| 3       | CHARD            | 89.27 |
| 4       | BEET GREENS      | 87.08 |
| 5       | SPINACH          | 86.43 |
| 6       | ROMAINE          | 63.48 |
| 7       | COLLARD GREENS   | 62.49 |
| 8       | ENDIVE           | 60.44 |
| 9       | KALE             | 49.07 |
| 10      | RED PEPPERS      | 41.26 |
| 11      | ARUGULA          | 37.65 |
| 12      | BROCCOLI         | 34.89 |
| 13      | BRUSSELS SPROUTS | 32.23 |
| 14      | CAULIFLOWER      | 25.13 |
| 15      | CABBAGE          | 24.51 |
| 16      | CARROTS          | 22.60 |
| 17      | TOMATOES         | 20.37 |
| 18      | ICEBERG LETTUCE  | 18.28 |
| 19      | STRAWBERRIES     | 17.59 |
| 20      | ORANGES          | 12.91 |
| 21      | BLACKBERRIES     | 11.39 |

PHOTOS (MAIN) KANG KIM & (BAG OF PRODUCE) ADRIAN BURKE/CORBIS ■ FOOD STYLING JAMIE KIM

## UNNECESSARY SUPPLEMENTS

Three vitamins and supplements that simply aren't worth their salt or your money.

### ► VITAMIN C

The recommended daily amount of this vitamin for adult males? Just 90mg. For some perspective, there is almost 70mg in one medium-sized orange. Yet C

supplements typically come in doses of 500mg and even 1,000mg. People often take this vitamin to prevent cardiovascular disease and the common cold. (It

hasn't been proven to stave off sickness, but it has been found to reduce the duration of cold symptoms.) "Supplementing with vitamin C, however, beyond your typical needs hasn't been

shown to provide any real benefit," says nutritionist Mike Roussell. "It generally doesn't do any harm unless you take grams at a time – and that is when you can get diarrhoea."





TEXT BY LISA FREEDMAN

#### ► MAGNESIUM OXIDE

"This contains the most magnesium per gram compared to other magnesium supplements," says Mike. "However, it is absorbed the poorest." Opt for a chelated magnesium, where the minerals have

been chemically combined with amino acids. This way, minerals are more likely to survive the passage from your stomach to your small intestines intact. Look for magnesium-glycinate, -fumarate, -taurate or -orotate.


#### ► B-COMPLEX VITAMINS

The eight B vitamins – B1, B2, B3, B5, B6, B7, B9 and B12 – are known collectively as B-complex, and can help your body convert food into fuel for energy, maintain metabolism, keep your

mind sharp, and promote healthy skin and hair. But Mike says a super-pill loaded with all eight is not necessary. "B-vitamins are very ubiquitous in fruits, vegetables, nuts and grains," he says. "They are everywhere and there are

no documented benefits of taking additional B-vitamins in healthy individuals." B-complex vitamins are also touted in energy drinks for their ability to help boost energy. The reality? "They don't," says Mike.





AN AVERAGE  
JOE REPORTING  
FOR DUTY.  
CHEFDOM ISN'T  
ALL HOBNOBBING  
WITH  
CELEBRITIES.





# BE A FLASH WITH THE PAN

WHAT HAPPENS WHEN A TYPICAL HOME COOK TRIES TO WORK IN A PROFESSIONAL KITCHEN? HE LEARNS FROM HIS (MANY, MANY) MISTAKES.

**T**he first two meals I ever prepared for my wife were true masterpieces: grilled shrimp on linguine with vodka sauce, followed some hours later by French toast with berries and whipped cream. Okay, I had an ulterior motive for perfecting these recipes. But I'd been an aspiring chef long before I met my wife. I'm the kind of guy who watches *Top Chef* and thinks: Hey, I could do that.

Imagine my delight, then, when I

received a call offering me the opportunity to work as a line cook for a night at Clio, one of Boston's best restaurants. My marching orders: to see if my cooking chops could sustain me through a dinner service, and, at the very least, to learn as much as I could from the culinary workhorses staffing the kitchen. And then imagine my terror: Shortly after I'd accepted the challenge, my wife and I checked out Clio's menu, which included foie gras laqueé with hibiscus, aerated molasses, cherry blossom and bee pollen. I turned to my wife in what I can only describe as a panic. "What's a laqueé?"

Still, I'd been cooking for 25 years. Over the next two weeks, I trained. I sharpened my knives. I caramelised onions. I shirred eggs. I gained three

kilos and far too much confidence.

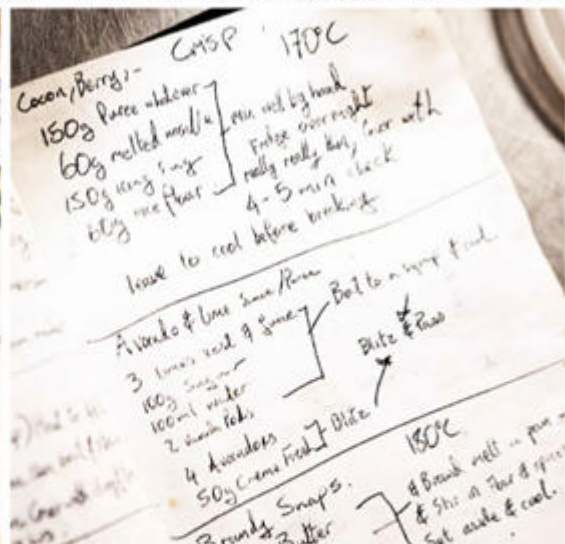
## Preparing For Service

By the time the big day arrived, I was fairly certain that Clio's owner and executive chef, Ken Oringer, would be so impressed by my skills that he'd have no choice but to hire me. This delusion ended at the precise moment he asked me to shuck an oyster. For those of you not hip to the world of gastronomic celebrity, Ken also helms Toro, Coppa and Uni restaurants, all in the Boston area. In person, he exudes a laid-back manner and, at the time, sported a handlebar mustache. It took him six seconds to appraise my shucking technique: "My daughter does it better than you." She's five.

As a form of punishment, or perhaps purely for the amusement of

his staff, Ken next ordered me to disembowel and clean a half dozen live sea urchins. This involved cleaving the top of each creature's spiny, globular exoskeleton with cooking shears, and then gingerly spooning out the bright-yellow gonads, which are apparently a delicacy. He wisely exited the scene before the carnage got out of hand. He left me in the care of his three line cooks: Joe, who ruled the meat station; Jimmy, who handled the seafood; and Harvard, who took care of everything else. They assigned me a series of tasks that might be described, charitably, as remedial. I spooned pasta into plastic tubs. I zested lemons. I loaded pastry cones with gooey gnocchi batter. I spent a good half hour





using a wet napkin to dab filaments of singed hay off hay-smoked carrots. I was assured that these tasks were absolutely vital to the night's success.

This is not to suggest I wasn't given any sophisticated duties. At one point, Harvard handed me a dense, gnarled sphere of truffle and a toothbrush. I was to clean the dirt flecks from the microscopic crevices of the former with the latter. No floss, even.

"How much is this thing actually worth?" I asked, waving the fungus in a manner that I now know must have deeply unsettled the food professionals around me.

"You're holding about \$900 worth of

truffle," Joe said.

I chuckled. "That's a good one!" Nobody else was laughing.

### Toiling the Trenches

By 5pm, it was time for "family meal," a restaurant ritual in which the kitchen staff files into Clio's plush dining room to break bread. Tonight, it was a mountain of sandwiches, washed down with water chugged from plastic storage containers. Up until this point, I admit I still thought that if any of Clio's line cooks went down, scorched by an errant flambe, I could save the day. Then, soon after we'd all shuffled back to the kitchen, a ticket arrived for a table of eight and the chervil hit the fan.

Joe, at the meat station, got the worst of it. The order burdened him with three lamb porterhouses, a poulet roti, a slow-cooked egg, and a filet of wagyu beef. Each of these proteins also required sauces and sides. Some plates at Clio include up to a dozen distinct elements – gels, foams, emulsions and botanical curiosities like reindeer moss – all arranged in a manner my mother would call "suitable for framing."

And so Joe, a handsome kid of 23 with tattoos peeking out from under his shirt, launched into what I can only call a controlled frenzy. He fired up all four burners behind him, tossed a miso-infused squash

My delusion ended at the precise moment the chef asked me to shuck an oyster.

puree into a saucepan, oiled his skillets, seared the lamb, rolled the poulet in a sputtering sweet glaze, and then wheeled around with a poached egg that he gently guided into chilled water.

The rest of the team was also engaged in the throes of disciplined mania. Next to Joe, Harvard was basting foie gras so quickly that it looked as if the slab was being deluged in a micro-burst of melted fat. He tossed a hunk of goat butter into a hot pan with a squirt of lemon juice, garlic cloves, rosemary and carrots. Jimmy seared a skate wing and constructed a tower of lobster tail. The three line cooks performed about

## COOK (MAYBE JUST A TAD MORE) LIKE A PROFESSIONAL

**1** **WORK** the tip of an oyster knife into the shell's hinge. Hold the other end of the oyster with a towel. Rotate the knife as if you're turning a car key. The shell will pop open.

**2** **PREP** is key. Hit a kitchen supply store and buy a few ramekins. Do what you can before you flick on a burner. Put prepped ingredients into the ramekins and use as needed.

**3** **PREHEAT** your pan. When you see the oil begin to smoke, whatever you add to the pan will sear. Don't let the oil you add smoke too long, though – it'll turn acrid and taste gross.



**"I STILL HAD THE  
CONFIDENCE, AND A  
FEW NEW SKILLS,  
TO IMPRESS THE  
PEOPLE WHO  
MATTER THE MOST."**

AS A FORM OF  
PUNISHMENT,  
OR PERHAPS  
AMUSEMENT, I  
WAS ORDERED  
TO CLEAN LIVE  
SEA URCHINS.

200 discrete actions in the span of 90 seconds, most involving insanely sharp knives and blistering-hot surfaces, all in a workplace 2.4m by 0.6m. The most remarkable aspect of this surge was that all three stations looked impeccable when the cooks were done. Somehow they had cleaned as they cooked.

The man overseeing the madness was Ken's major-domo, a laconic 27-year-old named Zach Watkins. In the space of a few minutes, Zach had found bits of shell in a Dungeness crab dish and flagged a steak that he could tell at a glance was undercooked. "Is that warm in the centre?" he asked

Joe, who jabbed the offending piece of meat with a cake tester, then drew it out and touched it to his lower lip. "No, chef," he said.

"In some industries, you can hide inside a cubicle for nine months before your mistakes show up," Zach told me. "Here, your hands are on everything. If someone messes up, I know about it very quickly." This I had come to understand.

What was I doing during this performance? For the most part, trying to avoid being stepped on. Oh, sure, the cooks let me do a little sauteeing during lulls. But I was obviously out of my depth. Yes, I'd basted my own arm with clarified butter. Yes, I'd

created a huge mess by underestimating the power of the commercial sink spray hose. And yes, I'd mangled the dry-aged hind leg of an Iberian pig while attempting to slice papery sheets, which would be served as part of a US\$35 plate.

I'd lost some of my ego during the night's service and gained a serious amount of respect for the cooks around me. Thanks to those TV shows that portray chefs as hotheads, I had arrived at Clio expecting drama. But the line cooks came off more like earnest technocrats, consulting checklists and verifying recipes. The chefs cranked out about 700

dishes the night I worked. Clio's patrons weren't paying just for the fancy menu, swanky interior or doting service. The price covered precious ingredients and their transformation by attentive cooks.

It was after 10pm, and the line cooks were scrubbing down their stations with a zeal I found terrifying. Soon, the whole crew would head across the street to drink, talk trash and swop recipes. I drove home, exhausted.

#### **The Aftermath**

The next morning, I found myself awake before my wife and kids and full of nervous energy. I pulled a pan out of the cabinet. While that heated up, I

chopped garlic, oregano, tomatoes and a bit of smoked cheddar. I beat two eggs and seasoned them with smoked paprika, pepper and salt.

Just as the pan began to smoke, I threw in a hunk of butter, just like Harvard taught me, and fried up the garlic in browned butter before adding the eggs, tomatoes and cheese. These I served with a side of sourdough toast for my drowsy wife. So what if I couldn't cut it in a professional kitchen? So what if I didn't have a US\$900 lump of truffle on hand? I still had the confidence, along with a few new skills, to impress the people who matter most. My wife ate every bite.

**4** **SPOONING** melted fat over meat enhances flavour, ensures moistness and helps your food cook evenly. In your home kitchen, just use a regular serving spoon and go wild.

**5** **LEAVE** the garlic skins on when you're sauteeing, says Harvard. "They contain essential oils that add a different dimension to the flavour." Just pick them out before serving.

**6** **AFTER** you add the fish, press gently on the flesh as you move the fillet around the pan. This improves the contact between the fish and the skillet, creating an even sear.

**7** **DIRTY** plates, carrot peels, ingredients you no longer need – these impede cooking efficiency. Keep a waste bucket on hand for scraps, and tidy things up when you can.



# NOTHING IS IMPOSSIBLE

THE FIFTH FILM OF TOM CRUISE'S *M:I* SERIES PROMISES EVEN MORE OUTRAGEOUS STUNT SEQUENCES.

## ► MISSION: IMPOSSIBLE – ROGUE NATION

Tom Cruise (who plays Ethan Hunt) is back on the big screen beating up bad guys. The super-spy franchise has now latched onto its fifth instalment, this time with more action, where you'll get to see Tom and gang traverse the world. For those who follow the series, Simon Pegg, Ving Rhames and Jeremy Renner are back, while fans can look forward to the introduction of the Syndicate – an international rogue organisation bent on destroying the Impossible Missions Force.

Premieres July 30 in Imax 2-D cinemas



## ANT-MAN

► The next evolution of the Marvel Cinematic Universe brings a founding member of The Avengers to the big screen: Ant-Man. Non-Marvel fanatics might ask "Ant-who?" Master thief Scott Lang (played by Paul Rudd) is the superhero with the ability to shrink in scale but increase in strength. He needs to help his mentor, Dr Hank Pym, protect the secret behind the amazing Ant-Man suit from a new generation of evil threats.

Premieres July 16 in cinemas islandwide



## TIGERAIR HOLIDAYS

► Picture yourself standing on the vibrant streets of Hong Kong, eating and shopping, while your nights are spent resting in the comfort of the JW Marriot Hotel. Your mind's at ease because you know everything's been booked according to your budget. With Tigerair Holidays, such a scenario is possible, where you can search for the perfect flight and accommodation – from 37 destinations – at your fingertips.

[www.tigerair.com](http://www.tigerair.com)

## ■ USEFUL YOUTUBE VIDEO OF THE MONTH

### MAKE THE PERFECT HIPSTER COFFEE

Here's one for coffee addicts. Damien Zielinski, co-owner of Capital Espresso in Toronto, shows how you can make the perfect cup using the Aeropress brewing method. Damien's instructions are precise and easy to follow.



►► SEARCH YOUTUBE FOR:  
[peakbaggers coffee](https://www.youtube.com/watch?v=93wRz9lv7gg)  
OR LOG ON TO:  
[www.youtube.com/watch?v=93wRz9lv7gg](https://www.youtube.com/watch?v=93wRz9lv7gg)



## ASICS RUNNING SPECIALTY STORE

► Asics has opened its specialised boutique at Suntec City, which features the advanced Asics Foot ID system. A boon for running enthusiasts, the Foot ID is capable of a static measurement of a runner's foot shape, besides analysing his gait. Such information can help you find the most suitable shoes that can improve running performance and comfort.

[www.asics.com.sg](http://www.asics.com.sg)





★ ★ ★  
Specially  
Formulated to  
Improve Men's  
Health, Vigour  
& Vitality

# SEX UP Your Life!

Greater strength, stamina and satisfaction with Zendic Plus

**T**he happiness and sexual health of men have always been intercorrelated. A fulfilling sex life also serves as an anchor for marital bliss. Good, fulfilling sex requires energy and stamina – this is especially true for men.

However, many factors in life, such as work stress, depression, health problems, prescription drugs and premature ageing, threaten the health and vitality of men, therefore causing sexual dysfunction and dissatisfaction.

Zendic Plus combines six herbs in its unique formulation which boosts sexual ability, increases strength and energy levels, fortifies the immune system and improves general well-being.

#### Zendic Plus effectively:

- Improves circulation
- Strengthens the immune system
- Improves physical and mental stamina, and general health
- Enhances libido, sexual ability and performance
- Stimulates the production of sex hormones

The powerful and natural herbs which make up Zendic Plus are Maca, Tongkat Ali, Black Cumin Seed, Damiana, Ashwagandha and L.Citrulline. These plants have a long and established usage throughout history and are valued as 'National Treasures' in various cultures. This potent and exclusive formulation renders Zendic Plus superior to many men's health solutions in the market.

Zendic Plus is available at leading pharmacies and drugstores.



care for life

guardian



www.og.com.sg



L.Citrulline

#### Improves Blood Flow & Energy

L.Citrulline, a compound found in watermelon, promotes the dilation of blood vessels. This in turn improves blood flow to the heart and sexual organs, and increases physical energy significantly.



Maca

#### Increases Libido, Sperm Count & Quality

Hailed as "Peru's National Treasure", Maca has long been used by the locals as an aphrodisiac. Preliminary research confirmed that Maca can enhance the libido, increase sperm count and quality, as well as treat sexual dysfunction. Maca is also known to improve physical strength and alleviate anxiety.



Tongkat Ali

#### Enhances Stamina & Performance

Originating from Malaysia and Indonesia, Tongkat Ali is dubbed the "Treasure of Southeast Asia". It is widely used as a male sexual tonic due to its ability to increase men's testosterone levels, enhance libido, stamina and sexual performance.



Black Cumin Seed

#### Elevates Sexual Drive & Health

For centuries, Black Cumin has been considered one of the most potent herbs in the Middle East. Its seeds possess powerful anti-oxidant properties and are commonly used to maintain the health of the circulatory, respiratory and immune systems. They are also known for the ability to increase sexual drive and health.



Ashwagandha

#### Heightens Sexual Experience

Ashwagandha (Indian ginseng) has been used for thousands of years in Indian Ayurvedic medicine. It is known to boost the immune system, ease stress, increase sperm count and quality. Kama Sutra, the ancient Sanskrit treatise on the art of love and sexual technique, mentions that Ashwagandha heightens the sexual experience.



Damiana

#### Boosts Vigour & Sexual Potency

Damiana leaves have long been used as an aphrodisiac and to boost sexual potency by the natives of Mexico. Today, Damiana tea is still popularly consumed for sexual enhancement, relaxation and to increase energy and stamina.



"I have a very stressful job that involves a lot of deadlines and targets. Being under constantly under pressure, I felt tired easily. Both my work performance and libido dipped. My marriage was affected as my wife felt unfulfilled. Luckily, before things got worse, I was introduced to Zendic Plus. It is the best health supplement I've ever taken. Within a week, my energy and sexual drive increased tremendously. Today, I'm taking Zendic Plus regularly and feeling great – both at work and on bed!"

Alan Tay, 35, Sales Manager

For more information on how to enhance your manhood, log on to [www.zendicplus.com](http://www.zendicplus.com) or call

**6737 3588 / 6735 3666**

Orchard Ngee Ann City #05-15B

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S'pore Shopping Centre #05-13

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Marina L1-66

For Wholesale, please call:

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Like us on Facebook [ZendicPlusSingapore](https://www.facebook.com/ZendicPlusSingapore)



# IN A LAND FAR, FAR AWAY

UAE'S EMPTY QUARTER MAY BE THE CLOSEST YOU'LL GET TO LIVING ON A STAR WARS DESERT PLANET.

**VIDEO** Check out the dash-cam view of our dune-bashing adventure in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

**R**ub' al Khali is an extraordinary place. It's an uninterrupted sand desert so vast, it spills across four Arab nations, from the United Arab Emirates and Saudi Arabia to Oman and Yemen. Its Arabic name translates to "empty quarter" – a moniker by which this dune-rippled

sand-sea is evocatively and ominously known to explorers. This is a place that is so exotic and ethereal that its shifting orange sands made up most of the scenery in the teaser trailers for the upcoming *Star Wars Episode VII: The Force Awakens*.

Come here, and you will practically be transported to another world – free from your normal, everyday concerns. Bring along a John Williams soundtrack – and a little imagination – and you could play out your own *Star Wars* fantasy.



## AN OTHER-WORLDFLY HOME AWAY FROM HOME

First, you'll need a place to stay. Unless you intend to camp out in the 583,000-sq-km wilderness where temperatures top 60 deg C and humidity is close to zero, head for the Qasr Al Sarab Desert Resort, where the cast of *Star Wars Episode VII* stayed.

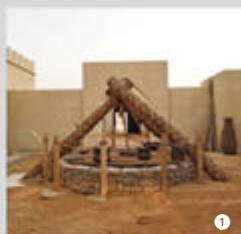
This remote hotel – a sprawling 2.5km-long desert fort with torches, turrets and connected villages – turns one of the least hospitable places on Earth into one of the most. It stands isolated on the fringes of the Empty Quarter, like a cruise ship stranded in the Pacific Ocean, surrounded by nothingness for as far as the eye can see.

And yet it's an Anantara resort just under three hours' drive from Dubai, which is directly linked to Singapore by Emirates airline.

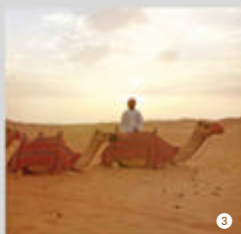
## DESERT CROSSING IN A LANDSPEEDER

After leaving Dubai's mega-skyscrapers behind, your desert transfer may make you feel like Luke Skywalker cruising across Tatooine in his anti-gravity open-top vehicle, thanks to a rare combination of straight and smooth highways set against a vast desert landscape.

But you will probably be travelling by Land Rover if you booked a driver, because the locals tend to prefer air-conditioned sports utility vehicles over convertibles for practical, comfort and health reasons.



1 A WATER WELL AT THE HORSE STABLES 2 QASR AL SARAB, A DESERT FORT OF GRANDEUR AND HOSPITALITY 3 TRAVERSING THE SAND DUNES ON A CAMEL CARAVAN 4 SUN-SOAKED POOL OASIS



After two hours or so, you'll turn off onto a bitumen road that snakes excitingly over the dunes for half an hour before ending in the grand courtyard of the five-star fortified abode near the Saudi Arabia border.

## A LITTLE LIKE JABBA THE HUTT'S PALACE

The architecture of Qasr Al Sarab is epic in scale, stunning in detail, and based on the old forts of Abu Dhabi and Al Ain.

In Arabic, Qasr Al Sarab means "palace of mirage" – and this place seems just that. The palatial decor includes swords, old guns, weavings, artworks (hundreds – apparently the royal family's own) alongside aged books and jars of Arabian sand on the library's shelves, and pottery and tools scattered throughout the property. It's a collector's dream – a veritable museum that Jabba



the Hutt might covet.

In contrast is a world-class spa, mouth-watering local fare, the huge free-form swimming pool surrounded by date palms, and over 200 rooms, suites and villas with dark wood, soft linen, marble toilets, and terrazzo baths big enough for a harem.

## ADVENTURES IN THE SANDS

Of course, you're not here to just lie by the pool.

There are activities for you to learn something: cultural tours, camel rides, archery, dune bashing in SUVs driven (by staff) at high speed over the mountains of sand, or dune trekking – a combination of hiking, beach walking and, if you slide downhill, snowboarding. There's also a fleet of "fat bikes" – bicycles with wide tyres that can be partially deflated – to allow

"THIS IS A PLACE SO EXOTIC AND ETHEREAL THAT YOU'VE PRACTICALLY ENTERED ANOTHER WORLD, FREE FROM YOUR NORMAL, EVERYDAY CONCERNS."

you to cycle the dunes. This is where you'll come across dunes in the sand so big, you can't help but think: "That could easily accommodate a sarlacc." (Google it.)

Out here, it's all about the view. So don't miss the spectacular sunsets over blushing dunes. It's the tranquil moment when Luke looks at the horizon (in his case, with two setting suns) and dreams of adventure.

## THE ESSENTIALS

■ No trip to the United Arab Emirates is complete without stopping in Dubai to marvel at the mega-structures and Middle Eastern architecture. Then enjoy some peace and pampering and, if you're lucky, a polo tournament at the fashionable Per Aquum Desert Palm Dubai hotel ([www.desertpalm.peraquum.com](http://www.desertpalm.peraquum.com)) sitting on the city's edge.

**GETTING THERE** Emirates ([www.emirates.com/sg](http://www.emirates.com/sg)) flies daily from Singapore to Dubai. Its business class service – with a built-in mini bar and storage; 600-plus channels on touchscreen TVs; wide, lie-flat massaging seats – make seven hours fly by easily. For Qasr Al Sarab Desert Resort, visit [www.qasralsarab.anantara.com](http://www.qasralsarab.anantara.com).





# GROOMING LIKE A KINGSMAN

KENNETH WEE VISITS ONE OF THE NEW BARBERSHOPS OFFERING A MAKEOVER FIT FOR ROYAL SERVICE.

**I**n the 2014 British spy-comedy film *Kingsman: The Secret Service*, a young man is recruited, trained and groomed to become a secret agent. You knew he had joined the league of gentlemen not with the change of his clothes, but with the change of his haircut – tidied up and combed back just so like his mentor, played by Colin Firth. Which means, the hair maketh a man.

But where to start? It used to be simple: Barbershops were low-key men's establishments where you got your hair sheared off. Hair salons were unisex shops that included styling and shampooing services for at least double the cost. Then, trendy cheap chains popped up – cookie-cutter spots where speed trumps skill and a money-eating machine greets you. You walk in, they cut your hair and – bam! – out you go.



That place you call "hipster barbershop" can offer a pampering and haircut fit for a king.

■ ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SANI  
■ PHOTOS (BARBER CHAIR) LEW ROBERTSON/CORBIS & (BARBER WITH CLIENT) HELEN KING/CORBIS

Now, there's a kind of resurgence of men-only barbershops being a cool place to hang out, where you can get any haircut you want, along with shampooing, styling, a hot towel and straight razor shave, and a nice beverage – but at twice the price of that at the unisex.

There is a difference. But what? And why?

To find out, I made an appointment with Jermyn Street Singapore. It's one of the latest in the line of what some call "hipster barbershop" and, more importantly, one of the more spacious ones – because modern men we may be, we're still not comfortable sharing how much we really care about our keratinous excreta.



### A REAL FIND

In truth, Jermyn Street Singapore, located in Amoy Street just off the Central Business District, is a space for dudes (perhaps even bros).

At the entrance, you're greeted with plush velvet Chesterfield sofas, manly reading material, a bar area boasting a large espresso machine next to a wall of grooming products, and the right club vibe. Most notably, there wasn't a smell of chemicals that you'd find at unisex parlours.



### IN SEARCH OF COOL HAIR

I put my privileged pate in the hands of Joel Phua, a 28-year-old barber with 10 years of hair-cutting and styling experience. He starts by getting to know me – what type of haircuts I like, what I do for a living.

"One key factor in deciding what haircut is good for my clients is whether it's convenient for them," Joel later explains. "You still have to use a product to hold up your hair, but I'd tailor your haircut to your head shape, so that when you style your hair, it's effortless and you don't need to use a lot of the product."

In other words, here's a professional surviving on craftsmanship – not customer volume – willing to offer ideas instead of just following instructions.

I quiz him about my current

cut. "No offense to your current hair salon," Joel begins, "but it's not good." He isn't wrong.

See, that's my problem: styling. I've never been able to get my hair to look as good as it does right after a cut.

Leaving the military cut behind, I'd changed to a unisex salon that gave me an okay haircut, which once got me some half-serious praise from a cute barista at a Starbucks. So, I've been going back ever since, and stayed for maybe 10 years, changing hairstyles to reflect passing trends. Right now, I'd just tidied up with the Hollywood-endorsed "undercut" after going K-pop "bedhead" for years.

Joel washes out the wax in my hair, then gathers his tools and starts repairing the damage.



### MAKING EVERY CUT COUNT

With steady hands and expert control, my new barber uses both electric clippers and salon scissors to fix my undercut – the look that features shorter length on the sides and back as compared to the top.

Joel snips, buzzes, snips and nicks no ears while we continue to chat. And then it's done. And I look awesome. It's the difference between a tailored shirt and one off the rack.

The only thing is, to keep looking awesome, you really need to go back every six weeks. With your \$10 barber, or even \$30 hair salon, that's not a problem. But with Joel, it means over half a grand a year.

And yet, if you're already working to improve your clothes, technology, fitness and financial advice, why ask any less for your noggin'? A year of average haircuts with the



### HAT TRICK

New York City master barber Danny Kerr shares three easy steps to improving your hat head.

#### DITCH THE WOOL

■ Go with a lightweight knit cap that won't put weight on your do.

#### CHECK THE FIT

■ If it's a baseball hat or driving cap, make sure it's not too tight, to avoid creasing. A test: One index finger should fit comfortably between your head and the band.

#### DON'T BRUSH

■ To reshape, run your fingers through your hair with a dab of gel or water, instead of brushing.

odd okay simply won't cut it for the accomplished man. Or help you feel like one.

When I step out of the shop, I feel like a new man, ready to take on the world.

And you will, too.

**"HERE'S A PROFESSIONAL WILLING TO OFFER IDEAS, INSTEAD OF JUST FOLLOWING INSTRUCTIONS."**





IF THE ELEMENTS DON'T GET YOU, THE ISOLATION WILL.

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# Style

## & GROOMING



## THE WEIGHT IS OVER

LIFT UP YOUR WARDROBE WITHOUT RAISING YOUR TEMPERATURE WITH THIS LIGHTWEIGHT CLOTHING COMBO.

It's that cursed point when the weather gets even warmer than it already is and you need to adjust your tailoring accordingly. Frankly, it doesn't get much lighter than this sports jacket, which as well as being completely unstructured and wrinkle-resistant is also no heavier than your average shirt. Throw it on over a shirt, or even a T-shirt, to avoid being weighed down. And you'll be wanting some lightweight clothing, too, like the ones you see on the next page.

ULTRA LIGHT WEIGHT  
STRETCH JACKET, \$99.90.  
WWW.UNIQLO.COM/SG

PHOTOGRAPHY MICHAEL TAN ■ ART DIRECTION PAULINE TAN ■ STYLING SHEH ■ DIGITAL IMAGING JASON TAN ■ PHOTO HELLO LOVELY/CORBIS





**Given the humidity here,** sweating like a pig is inevitable. But smelling like one is not. One way to stop body odour: pick cotton clothes. A Belgian study found that the fabric traps less odour-causing bacteria than polyester. To arrive at that conclusion, the researchers asked 26 athletes – wearing polyester, cotton or poly-blend T-shirts – to take an hour-long spin session and hand in their tops at the end. The workout shirts were then analysed for various strains of bacteria. The result: A big culprit of BO is micrococci, a strain of odour-causing bacteria that likes to cling to polyester. So pick cotton to keep cool and avoid stank.

**1 COTTON BOXERS, \$20**  
→ [www.gap.com](http://www.gap.com)

**2 SKINNY FIT TAPERED JEANS (AIR), \$59.90**  
→ [www.uniqlo.com/sg](http://www.uniqlo.com/sg)

**3 COTTON SHIRT, \$63.90**  
→ [www.topman.com](http://www.topman.com)

**4 COTTON SHORTS, \$79.90**  
→ [www.topman.com](http://www.topman.com)

**GO LIGHT**  
TO STOP BODY  
ODOUR, PICK  
COTTON  
CLOTHES.  
A BELGIAN  
STUDY FOUND  
THAT THE  
FABRIC  
TRAPS LESS  
ODOUR-  
CAUSING  
BACTERIA  
THAN  
POLYESTER.

# STAY WELL

JOIN NOW & GET  
**50% OFF!\***

# STAY TRUE



*Jaymee*

Jaymee Ong  
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Beam Artistes

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6438 3833  
6758 9555  
6235 9622  
6278 3000

NTUC Income Tampines  
Junction #08-01/04  
Parkway Parade #07-15/17  
Suntec City Mall #03-318/323

6788 9555  
6348 2900  
6820 9000

SINGAPORE



MALAYSIA



THAILAND



TAIWAN



CHINA



# THE RAIN CHECKLIST

Adjust your timepiece to one that waits for no tide.

PHOTOGRAPHY **MICHAEL TAN** TEXT **KENNETH WEE**  
ART DIRECTION **PAULINE TAN** STYLING **SHEH**  
DIGITAL IMAGING **JASON TAN**

T

he sea of divers' watches available far exceeds the number of divers. That's because they're often more rigorously engineered than the ones that just look good on the surface – reassuring when timing your oxygen supply or otherwise. Boasts of being water-resistant at 20,000 leagues are thus a useful dipstick of overall quality. Then there's the form that follows function: oversized, with big numbers in bright colours for legibility and toughness. The result is a striking, masculine piece, whether it has hidden technical depths or just looks like it.





**1/SEVEN FRIDAY  
P3/3 "BULLY"**

This watch is inspired by snow machines in Europe – in particular those by a brand called Pisten Bully. Its 30m water resistance won't take you into deep waters, but it will survive a thunderstorm.

**How much:** \$1,590, [www.thewatchbureau.com](http://www.thewatchbureau.com)

**2/LUMINOX NAVY  
SEAL COLORMARK  
CHRONOGRAPH  
(NATO STRAP)**

If rubber straps

don't float your boat, consider the military-style nylon strap instead, which goes just as well with the dive-ready specs: 200m water resistance, a rotating bezel to time your air supply, and luminous markings.

**How much:** \$722.30, [www.crystaltime.com.sg](http://www.crystaltime.com.sg)

**3/CASIO G-SHOCK  
BLUETOOTH  
SMART**

This is not technically a diver's watch, but it's resistant to deep impacts and a depth

of 200m. Plus it can be linked to your phone to control your music playback during your daily commute.

**How much:** \$269, [www.casio-intl.com](http://www.casio-intl.com)

**4/LONGINES  
HERITAGE  
DIVER 1967**

Water resistant to 300m, this chronograph features a self-winding mechanical movement and silver Super-Luminova indexes contrasted against a black dial.

**How much:** \$4,770, [www.longines.com](http://www.longines.com)

**5/VOSTOK  
EUROPE ANCHOR**

One of the best-selling models of Vostok Europe, this masculine submarine-inspired watch is water resistant to 300m, and features a lightweight titanium case. Every Anchor comes with interchangeable silicon and leather straps, screwdrivers and a dry box.

**How much:** \$848, [www.redarmywatches.com](http://www.redarmywatches.com)



**GALLERY** See more water-resistant watches in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.





“  
WHEN IN A WET ENVIRONMENT,  
DO NOT OPERATE OR ADJUST  
THE CROWN, OR PUSH BUTTONS,  
AS WATER CAN SEEP INTO  
THE CASE.”  
”





**1/TIMEX  
EXPEDITION VIBE  
SHOCK**

As well as being impervious to being dropped, this watch is also resistant to water to 200m, and features a night light and the ability to set three vibration alarms.

**How much: \$198,  
[www.timex.sg](http://www.timex.sg)**

**2/LUMINOX NAVY  
SEAL COLORMARK  
CHRONOGRAPH  
(RUBBER STRAP)**

With water resistance

to 200m, a rotating bezel to time your air supply, and luminous markings, this ticker should have you covered if you dive for recreation.

**How much: \$675,  
[www.crystaltime.com.sg](http://www.crystaltime.com.sg)**

**3/PUMA ULTRA  
SIZE CHRONO**

This chronograph comes with a stainless steel case, a silicone strap and water resistance to 100m.

**How much: \$258,  
[www.puma.com](http://www.puma.com)**

**4/EDOX  
GRAND OCEAN  
CHRONOGRAPH**

This Extreme Sailing Series special edition watch lives up to its name and will survive the harshest of thunderstorms. At 48mm in diameter, this watch is easy to read at a glance.

**How much: \$5,400,  
[www.crystaltime.com.sg](http://www.crystaltime.com.sg)**

**5/SWATCH DARK  
WATER SUUB403**

Bold and bright green markings set against black make this scuba-inspired watch easy to read.

**How much: \$125,  
[www.swatch.com](http://www.swatch.com)**



# HIT REFRESH AT THE GYM

STOCK YOUR BAG WITH THESE POST-WORKOUT SALVES TO LOOK FRESH ON THE FLY.

## SHISEIDO STAGE WORKS TRUE EFFECTOR

Keep unruly locks in place with this styling gem, which provides a matte finish that also adds volume to your crop. The paste can be easily manipulated despite its super-hard hold, making sure that your hairstyle doesn't wither under our island's humidity.

**How Much \$30**, available at Shunji Matsuo Salon

## LAB SERIES MAXIMUM COMFORT SHAVE GEL

Banish accidental shaving cuts with this cooling gel that foams into a scented lather and greatly reduces shaving friction. The presence of hydrating ingredients prevent skin tightness, not to mention leaving a soothing aftershave experience.

**How Much \$38 (200ml)**, available at Ion Orchard, Vivocity, Robinsons The Heeren, Robinsons Raffles City, Robinsons Jem, Tangs Orchard and Metro Paragon

## VICTORINOX SWISS ARMY CLASSIC SPORT

Complement your post-workout shower with light, well-worked scents. Invigorating heart notes of rosemary and lavender – holed up within a sturdy soft-glass flacon – form a good mix with top notes of green apple and yuzu. Definitely a mood lifter.

**How Much \$84**, available at Alt Beauty in BHG Bugis

## ORIGINS GINZING REFRESHING SCRUB CLEANSER

Here's a good trick to clean up your skin: a two-in-one cleanser and exfoliator. There's ginseng and caffeine to make sure your face feels squeaky clean, while a fruity scent – spotting notes of lemon and grapefruit – is more than welcome after a sweaty workout.

**How Much \$38**, available at Robinsons Raffles City, Robinsons The Heeren, Robinsons Jem, Tangs Vivocity, Metro Paragon, Isetan Scotts and BHG

## H2O PLUS FACE OASIS SEA FOAM TONER

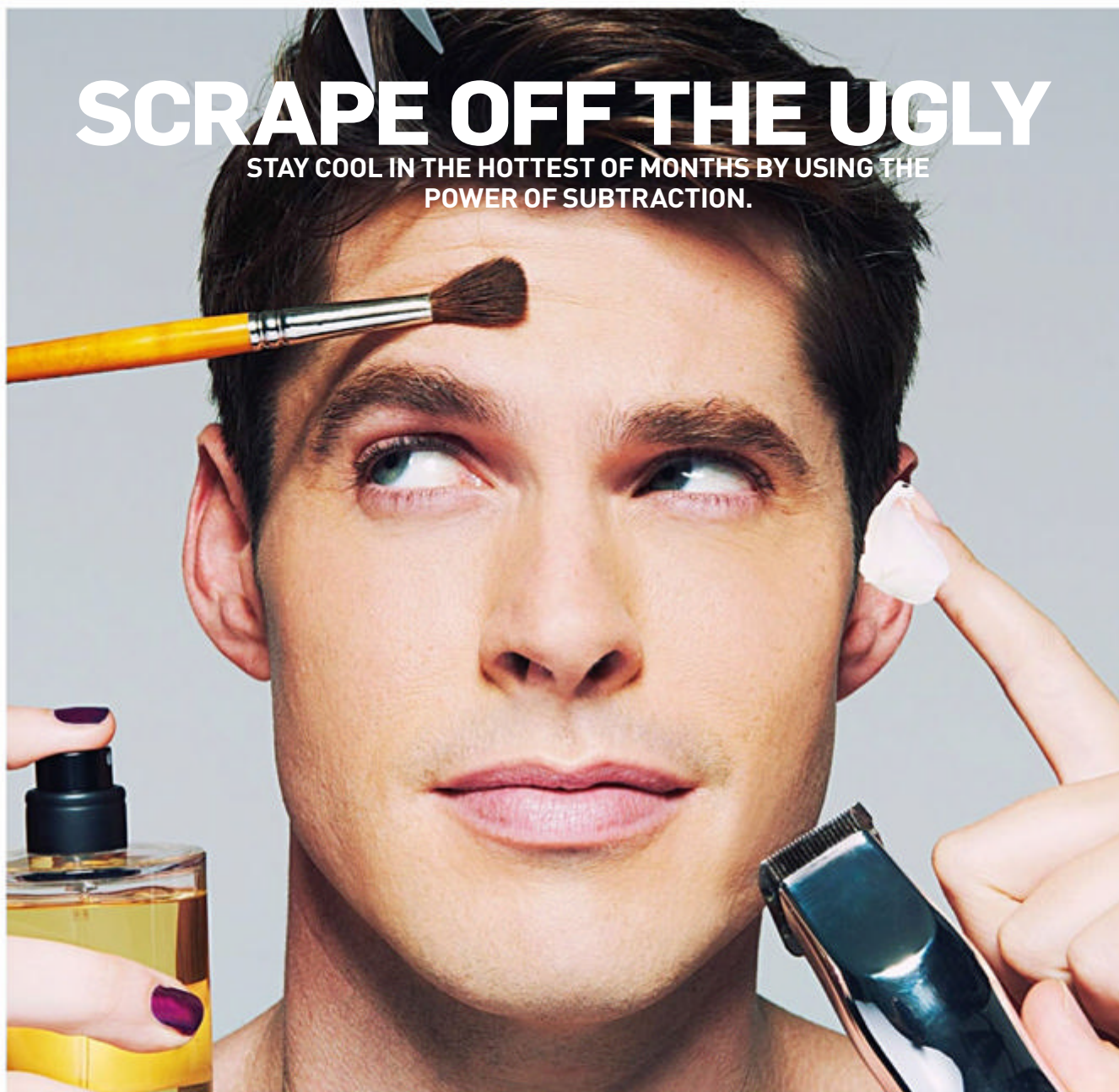
Skin is naturally acidic, but because soaps are mostly alkaline, your pH can go a little wonky. A gentle alcohol-free toner will restore the balance. This foam option contains sea-sourced ingredients that plump fine lines, improve skin tone, and slow signs of ageing.

**How Much \$48**, available at [www.h2oplus.com](http://www.h2oplus.com)



# SCRAPE OFF THE UGLY

STAY COOL IN THE HOTTEST OF MONTHS BY USING THE POWER OF SUBTRACTION.



## YOUR CUT: HIT A FADEAWAY

Keep your mane short and neat, says Joel Phua, senior barber at Jermyn Street Singapore ([www.jermynstreet.com.sg](http://www.jermynstreet.com.sg)). "Ask the barber to taper your sides with a No. 2, and keep around 8cm on the top," he says. Slick it back with pomade for the boardroom; wear it to the side with dry paste on the weekends. Try **Billy Jealousy Sculpt Friction Texturizing Hair Paste**, \$29, [www.whathewants.com.sg](http://www.whathewants.com.sg).



## YOUR SCENT: DIAL IT DOWN

Your sense of smell becomes more heightened when the day heats up, says Dr Alan Hirsch, director of the Smell & Taste Treatment and Research Foundation in Chicago. So go for fruit-based scents, like Shiseido's Zen for Men. (As a bonus, the scent of pear can ease anxiety, Dr Hirsch says.) Stick to just a spritz or two, focusing on the wrist and neck. Try **Shiseido Zen for Men**, \$79, [www.shiseido.com.sg](http://www.shiseido.com.sg).



## YOUR SCRUFF: TRIM THE FUZZ

If you have to keep a beard, trim it back to a few days' length. "It's an easygoing look that contrasts well with shortly cropped hair," says barber Mark Miguez. Start with a No. 3 guard all over, and then use a No. 5 to blend your sideburns. Remove the guard and clean up the hair on your neck (below your Adam's apple) and on the tops of your cheeks. Try **Philips Multigroom Series 5000**, \$149, [www.philips.com.sg](http://www.philips.com.sg).



## YOUR FEET: BLAST DEAD SKIN

Gnarly feet? After showering, use a foot file to slough away dead skin, says dermatologist Dr Tyler Hollmig of the Stanford School of Medicine. Start with the rough file for scraping, and finish with the finer one for buffing. Use a cream to help soften down any rough areas. Try **Microplane XL-Pro**, \$30, [www.microplane.com](http://www.microplane.com) and **Human+Kind All-in-one Cream**, \$15, [www.whathewants.com.sg](http://www.whathewants.com.sg).



## YOUR FACE: RAISE YOUR SHIELDS

If you seem to suffer from irritation and itchiness every time the sun comes out, it could be a rash called "polymorphous light eruption" – a bad reaction to major sun exposure. Use a broad-spectrum SPF moisturiser, which helps shield your skin from UVA rays, the more common form of radiation from the sun. Try **Lab Series Power Protector SPF 50**, \$14, [www.labseries.com.sg](http://www.labseries.com.sg).



# THE LEAN MUSCLE DIET

-----  
IGNORE THE  
TRENDY, COMPLEX  
DIET PLANS  
-----  
DESIGNED TO  
SHRINK YOUR  
WALLET AND NOT  
YOUR GUT. TO  
-----  
BUILD THE BODY  
YOU'VE ALWAYS  
WANTED, LIVE  
LIKE YOU ALREADY  
-----  
HAVE IT.  
-----

► BY LOU SCHULER  
AND ALAN  
ARAGON



#### YOUR MEAL PLAN

##### BREAKFAST

3 EGGS SCRAMBLED WITH A HANDFUL OF  
VEGETABLES, 1 LARGE BANANA

##### DINNER

170G TUNA STEAK, 2 MEDIUM POTATOES  
(170G TO 200G EACH), SAUTÉED SWISS CHARD

##### LUNCH

113G CHICKEN BREAST ON A KAISER ROLL,  
1 LARGE HANDFUL OF RADISHES

##### SNACKS

1 SCOOP PROTEIN POWDER MIXED WITH  
1½ CUPS PLAIN YOGURT, ¼ CUP NUTS, 1 APPLE





## WHEN MEN SET OUT TO LOSE WEIGHT,

they usually start at the wrong place. They pick a popular diet, any diet; it doesn't matter which one. Most plans tell you to eat none of some things and tons of others. Your weight drops until it stops. Then it's up to you to make sure your shrunken gut stays that way. These diets have it all backwards. Instead of starting with no idea where you'll end up, act as if you've hit your target. Follow the principles from our new book, *The Lean Muscle Diet*, to build the body you want ... and keep it.



# The FUEL

BACK AWAY FROM THE JUICE CLEANSE AND PUT DOWN  
THAT DIET SHAKE. LONG-TERM WEIGHT LOSS SUCCESS IS  
ROOTED IN REAL FOOD. READ UP. THEN SLIM DOWN.

Principle No.

# 1

## You Need to Eat More Food

If you have a McDonald's Cheeseburger habit, the first step is easy: Limit your intake. But you still need to eat something, and whatever it is, it'll have calories you must account for. The accounting is simple: There are two sides to the ledger. One side is your calorie intake, and the other is your metabolism – that is, the calories you burn – which works in four ways.

**Digest.** About 10 percent of your metabolism comes from how you process food. But you can do better with an easy fix: Eat more protein. 25 percent of protein calories are burned after you swallow them, compared with 2 to 3 percent of fat calories and 6 to 8 percent of calories from carbs.

**Move.** Everything from working out to walking the last kilometre home burns more calories than not moving – and accounts for 20 to 30 percent of your metabolism. The more you move, the better, including those times when you ...

**Hit the can.** When you dial up a No. 1 or No. 2 (or sneak out a fart), energy leaves your body. Alas, you can't toot your way to single-digit body fat.

**Stay alive.** The rest of the calories you eat go towards your body's other basic operating functions. (That's at least 60 percent of your metabolism.)

By changing the "calories in" part of the formula, you also change the "calories out." With less energy in the tank, you may burn fewer calories during your workouts. That's the danger of cutting calories without a plan to maintain your new lower weight. Your metabolism slows, leaving you hungry and primed to regain fat you lost, especially when hunger hits near a McDonald's. The key is to reverse that process. More on that next.

SKINNY-FAT  
STAN  
---



Torch flab and  
build muscle by  
following this  
nutrient-packed  
eating approach.



CURRENT WEIGHT

72 KG

TARGET WEIGHT

72 KG

TRAINING STATUS  
BEGINNER

TRAINING HOURS/WK  
4 (3 STRENGTH, 1 CARDIO)

INTENSITY OF EFFORT  
MODERATE (12)

GOAL  
SIMULTANEOUS FAT LOSS  
AND MUSCLE GAIN



TOTAL DAILY CALORIES  
2,560 (2.2 × 72 × (4 + 12))

25% PROTEIN  
640 CALORIES  
(160G × 4)

34% FAT  
864 CALORIES  
(96G × 9)

41% CARBS  
1,056 CALORIES  
(264G × 4)





TRANSFORM  
YOUR BODY

DESKBOUND  
DAN



To cut your gut for good, include *more fat* in your diet. (Principle No. 3 explains!)



CURRENT WEIGHT

109 KG

TARGET WEIGHT

98 KG

TRAINING STATUS  
INTERMEDIATE

TRAINING HOURS /WK  
2 (2 STRENGTH, 0 CARDIO)

INTENSITY OF EFFORT  
MODERATE (10)

GOAL  
WEIGHT LOSS



TOTAL DAILY CALORIES  
2,592 (2.2 × 98 × [2 + 10])

33% PROTEIN  
864 CALORIES  
(216G × 4)

45% FAT  
1,170 CALORIES  
(130G × 9)

22% CARBS  
558 CALORIES  
(139G × 4)

Principle No.

2

## You Need to Eat Better Food

Pity the man forced to survive on gluten-free pizza and fat-free ice cream. The Lean Muscle Diet makes eating easy and delicious because you're encouraged to eat (gasp!) real food. Here's the breakdown of your eating plan.

**Eat 80 percent of your diet in whole and minimally processed foods that you like.** "Whole" foods are ones that look like what they started out as: meat, fish, eggs, milk, nuts, seeds, fruits, vegetables, potatoes and beans. One exception: Protein powders are highly processed, but they're still a great way to consume the protein you need to make the plan work.

**Eat 10 percent in whole and minimally processed foods that you don't necessarily like but don't hate** (say, Swiss chard and lamb). This is intended to expand the range of nutrients you're eating. Maybe you'll even learn to like a food, which means you're less likely to suffer from diet burnout.

**Eat 10 percent in whatever you want.** Consider this your reward for faithfully embracing the two previous categories. Use this bonus however you'd like: Have a small indulgence every day, or save up for a bigger weekend junk-fest (even if it includes cheeseburgers).

Here's a shortcut: If the food doesn't have an ingredient list, it's a safe bet. Steak, apples, quinoa, eggplant, salmon – they're all single-ingredient foods. With packaged foods, each additional ingredient signals an extra step in processing, which may have stripped away some of the good stuff. And often, to make up for lost flavour, food manufacturers pump processed foods with sugar and fat. These foods also tend to be higher in calories.

Know that "quality" also means taste. On this plan, you won't find any rules about foods you must eat. Nor will you find a list of foods you should never eat. Just about anything you already enjoy can fit into the plan, although perhaps not in the quantities you're used to eating.

### POWERHOUSE PROTEINS

●=BCAAs (% of total protein) ●=LEUCINE

WHEY ISOLATE



26%

14%

EGGS



20%

8.5%

MEAT



18%

8%

Principle No.

3

## Macronutrients Matter (Especially Protein)

Nutritionists refer to protein, carbs and fat as "macros." Protein, of course, is the stuff of muscle growth, particularly branched-chain amino acids (BCAAs), including leucine. The circles above show the stats for three good protein sources. On our plan, you'll eat 1g of protein for every 450g of your target body weight, or 25 to 35 percent of your daily diet.

But protein also increases satiation (feeling full at the end of a meal) and satiety (feeling less hungry between meals). So protein pulls triple duty: It speeds your metabolism, slows your appetite and maintains muscle.

What about the other macros? You'll eat 0.4 to 0.7g of fat per 450g of your target body weight per day. If you have a good chunk of body fat to lose, use the higher end of that scale. It's not that fat calories have any magical properties; a higher percentage of fat simply means fewer carbs. That tends to work better for heavier guys, who often are less sensitive to insulin, a hormone triggered by high-carbohydrate meals. Less sensitivity means more insulin; more insulin means your body will use less fat for energy. For everyone else, it's personal preference. Whatever calories are left after your calculations will come from carbs. Who knew maths could be so tasty?



#### YOUR MEAL PLAN

##### BREAKFAST

1 SCOOP PROTEIN POWDER MIXED WITH 2 TBSP PEANUT BUTTER, 1½ CUPS BERRIES (+ LIQUID)

##### DINNER

340G GRASS-FED STEAK, 1 SMALL POTATO (85G), 1 TO 2 CUPS STEAMED BROCCOLI

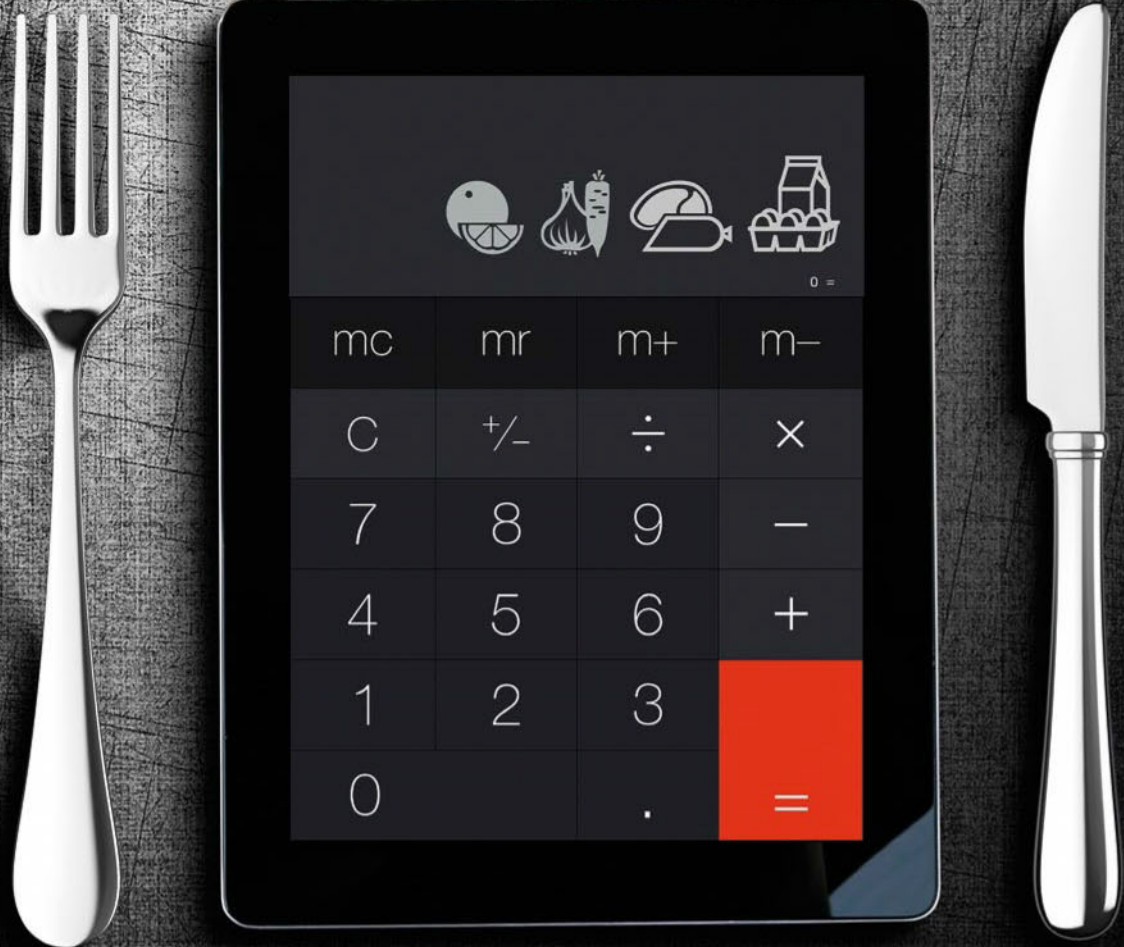
##### LUNCH

170G BAKED BLACK COD, 2 CUPS BROWN RICE, 1 TO 2 CUPS STEAMED GREEN BEANS

##### SNACKS

¾ CUP YOGURT WITH 1½ SCOOPS PROTEIN POWDER, ⅓ CUP NUTS, 1 PEACH





#### YOUR MEAL PLAN

##### BREAKFAST

3 HARD-BOILED EGGS, 1 ORANGE

##### DINNER

170G LAMB MEATBALLS, 2½ CUPS  
WHOLE WHEAT PASTA, ARUGULA SALAD

##### LUNCH

170G SHRIMP, 1 CUP BROWN RICE, 1 CUP  
BLACK BEANS, GRILLED ONION AND PEPPER

##### SNACKS

2 CUPS LOW-FAT MILK + 1½ SCOOPS PROTEIN  
POWDER; 2 TBSP ALMOND BUTTER + 1 APPLE



Principle No.

# 4

## Micronutrients Matter, too

One risk of popular low-calorie diets: nutrient deficiency. That's because the less food you eat, the harder it is to cover the basics. A multivitamin may help, but it probably won't contain enough immunity-fortifying magnesium or bone-building vitamin D. Research shows that eating a wide variety of foods provides the greatest benefit for overall health. To collect those key nutrients, dust off the old-fashioned idea of food groups. Here's your menu.

**Meat and other protein-rich foods**, including eggs and protein powder.

**Fat-rich foods**, such as nuts and seeds, oil used for cooking or salad dressing, butter (and nut butters), olives and avocados.

**Fibrous vegetables**, including just about anything your mother said you had to eat if you wanted dessert.

**Starchy foods**, such as grains (bread, cereal, pasta), legumes (beans and peas) and tubers (potatoes and other root vegetables).

**Milk and other dairy products**, which includes all varieties of cheese, yogurt and, yes, even chocolate milk.

**Fruits**, fresh or dried. No, juices don't count.

Aim to include at least one food from each category every day, with some variety in fruits and vegetables, and you'll hit the full range of micronutrients you need to look good and feel great.

We know what you're thinking: What about my beer? Moderate drinking won't likely affect your weight in either direction as long as the calories from alcohol replace something else. If not, you'll probably gain fat. So swap out your carbs for alcohol. If you know you're going to have two beers out at the bar later, just eat 300 fewer carbohydrate calories (or 75g) that day.

So now that you understand the nutrition principles, let's move on to the first step in the plan: calculating how much food you'll eat each day.

CRUNCH THE  
NUMBERS, TORCH  
THE FAT

BREAK OUT THE CALCULATOR  
AND DETERMINE THE DIET YOU NEED  
TO GAIN THE BODY YOU WANT.

WEEKLY HOURS OF TRAINING

+

INTENSITY

×

2.2 × TARGET BODY WEIGHT

=

DAILY CALORIES

### 1/ Estimate how many hours a week you spend training.

This includes strength training and cardio, as well as sports like football, basketball or martial arts.

### 2/ Pick your training intensity.

Give yourself an 11 if you always go all-out. If you do a mix of intensities, pick 10. If you're training at a more casual pace, go with 9. Note: if you're age 35 or younger and struggle to gain weight, rate your intensity on a scale of 11 to 13, with 13 being maximum intensity.

### 3/ Choose your target body weight (TBW).

Select a weight you think you can reach in six months. If you're aiming to maintain your current weight but trade fat for muscle, follow the Skinny-Fat Stan plan. If you want to weigh 10 percent less than you do now, go with Deskbound Dan. If your goal is to lose 4kg of fat without sacrificing muscle, you'll now be known as Bro-tacular Bob.

### ► Add hours and intensity.

Let's say you spend four hours a week training at moderate intensity. This is your "activity multiplier." Example:  $4 \times 10 = 14$ .

### ► Estimate your daily calories.

Multiply your activity multiplier by your TBW. So if your TBW is 82kg, this would be your formula:  $2.2 \times 82 \times 14 = 2,525$  calories.

### ► Find your protein needs.

Figure 1g of protein per 450g of TBW. In this example, that's 180g. Each gram of protein has 4 calories, so we have 720 calories.

### ► Allocate your fat calories.

If you like fat-rich foods (nut butters, avocado) more than starches, eat more fat. For example, moderate fat would be 0.5g per 450g of TBW daily (90g). At 9 calories per gram, that's 810 calories.

### ► Figure out your carbs.

So 720 protein calories plus 810 fat calories equals 1,530. Subtract that from 2,525 for 995 carb calories.

BRO-TACULAR  
BOB  
---



Wrestle your  
athleticism back  
from a stubborn  
metabolism. And  
still eat carbs!



CURRENT WEIGHT

86 KG

TARGET WEIGHT

82 KG

TRAINING STATUS  
ADVANCED

TRAINING HOURS /WK  
4½ (3 STRENGTH,  
1½ CARDIO)

INTENSITY OF EFFORT  
MODERATE (10)

GOAL  
FAT LOSS



TOTAL DAILY CALORIES  
2,615 ( $2.2 \times 82 \times [4.5 \times 10]$ )

28% PROTEIN  
720 CALORIES  
(180G × 4)

31% FAT  
810 CALORIES  
(90G × 9)

41% CARBS  
1,080 CALORIES  
(270G × 4)

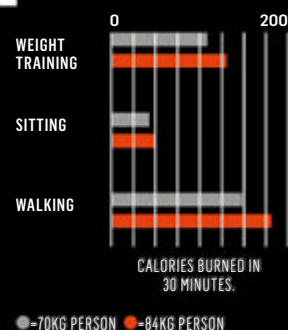




# The FIRE

YOU CAN LOSE WEIGHT BY EATING BETTER, BUT BUILDING  
BRAWN REQUIRES LIFTING MORE THAN JUST A FORK TO YOUR  
FACE. FOLLOW THESE RULES FOR PRODUCTIVE TRAINING.

## THE CALORIC COST OF SITTING



Principle No.

# 5

## For Bigger Muscles, Lift Bigger Weights

Mechanical tension – created by loads that are taxing to your muscles, connective tissue and bones – is the most important stimulus for building muscle. But you can't grow your guns if you lift the same amount of weight every workout. By incrementally increasing your loads over the course of the program, you challenge your muscles to become stronger in order to handle subsequent heavier weights. It should be hard to complete the final reps on your final set with good form.

Principle No.

# 6

## Devote 80 Percent of Time to Big Muscles

Most guys have this flipped, investing their gym hours on their biceps, triceps and deltoids. Those muscles are important, but they're smaller for a reason: to help larger muscles during basic actions such as pushing, pulling, lifting, carrying and throwing. Smaller muscles also won't grow out of proportion to the larger muscles they're designed to assist. On the Lean Muscle Diet workout plan, you do your heavy lifts first. And that means to see big gains, you'll need to work the big muscles with squats, deadlifts, presses, rows, chin-ups and pull-ups.

Principle No.

# 7

## Spend 20 Percent on Smaller Muscles

Though you'll devote the majority of your session targeting your back, chest and legs, you still won't ignore your assisting muscles. As with big-muscle lifts, you'll want to increase the amount of weight you use when necessary, but more often you'll use the same weights with the goal of piling up more reps. This will allow you to achieve what trainers refer to as deeper muscle exhaustion, which will stimulate growth. But here's an important note: Make sure you're complementing your big-muscle exercises rather than repeating a similar motion. For example, change the direction of the movement (say, from horizontal to diagonal or vertical), the tools (from a barbell to dumbbells, kettlebells or a cable machine) and the grip (from overhand to underhand or somewhere in between). Doing this works your muscles from different directions.

Principle No.

# 8

## Stay on Your Feet as You Sweat

Think about it: You sit at work all day. You sit in your car. You plant your butt on the sofa to watch sports. Why would you go to the gym to do more sitting? Plus, almost any exercise you can perform sitting down is based on one we used to do standing up. So stay on your feet. You'll not only burn calories (see *The Caloric Cost of Sitting*) but also stay more focused and engaged in your workout. Better yet, combine multiple exercises and move quickly from one to the next with minimal rest between them. (Don't sit on anything between sets either.) When possible, use one arm or leg at a time. The muscles that keep you balanced and stabilised end up doing twice as much work. All this activity will create a more efficient, more effective workout that's more likely to produce the results you want. Now up and at 'em!



FOLLOW THE LEAN MUSCLE DIET AND  
YOU'LL TRANSFORM YOUR BODY INTO THE  
ONE YOU SEE RIGHT HERE.



# POWER LIST ⚡

# 1

## Ticker With A Precise Punch

**GET THIS:** Casio Oceanus OCW-G1000 Series.

**READY FOR:** Precise timekeeping no matter where you are in the world. This timepiece features Casio's original Hybrid Timekeeping system that utilises both GPS and radio-wave time-calibration signals, giving wearers access to exact location information, time zone and even daylight-savings accountability in just seven seconds. If you're a jet-setter, this is a real boon.

**THE BEST PART:** A Dual Dial World Time function means the ticker is able to confirm the time in two different cities simultaneously, while under the protection of a dual-curved sapphire glass with anti-reflective coating.

**COST:** From \$2,799, [www.casio-intl.com/sg/en](http://www.casio-intl.com/sg/en).



TEXT: MCKEN WONG

# 2



## Shoot Like A Pro

**GET THIS:** Nikon Coolpix P900.

**READY FOR:** A new career switch to photography? We kid. But this camera takes compact photography to another level. Its ultra-high-powered zoom – 83x optical zoom and 166x Dynamic Fine Zoom – is dope and leverages on its core Nikkor lens technology. Additionally, a range of specialised shooting modes (Night Landscape and Night Portrait, for example) allows users to show off their creativity and share on social media via the shooter's built-in Wi-Fi connectivity.

**THE BEST PART:** No more creeping up on an oriole and cursing when it escapes. With the bird-watching mode and superior zoom power, you could pitch for *Nat Geo*.

**COST:** \$889, [www.nikon.com.sg](http://www.nikon.com.sg).

# 3



## Durable High-tech Shades

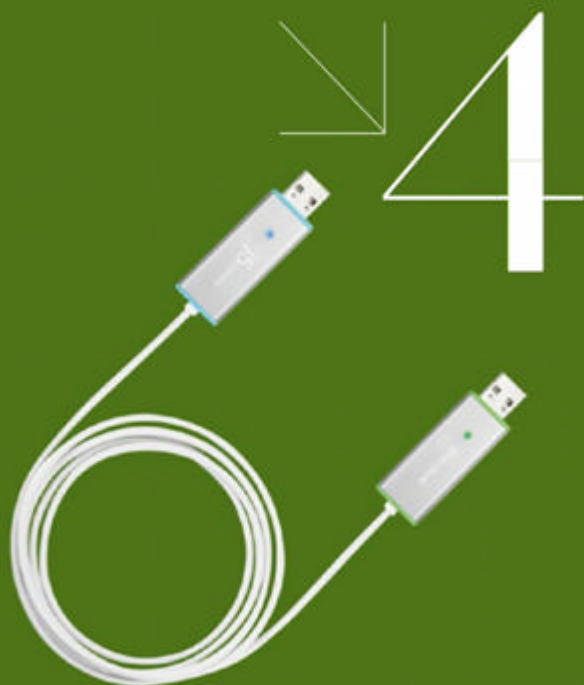
**GET THIS:** Rudy Project Spinhawk Washed.

**READY FOR:** 100 percent protection from the sun's harmful UVA and UVB rays with its special Multilaser RP Optic lens. An extremely thin "mirror" treatment is embedded on the lens that reduces visual stress, besides giving the shades a distinct, stylish look.

**THE BEST PART:** Customised ImpactRX prescription lenses can be fitted into these glasses, and the Multilaser colour lens range can even be customised to come in progressive or single vision.

**COST:** \$149, [www.rudyproject.com](http://www.rudyproject.com).





## Speed Is King

**GET THIS:** J5Create USB 3.0 Wormhole Switch.

**READY FOR:** A fuss-free transfer of your Phuket holiday pictures from your Macbook Pro to a Windows computer. Be it data, graphics, music or videos, this snazzy wormhole cable allows a speedy (up to 5Gbps) transfer of those files between any operating system. To put simply, "just drag and drop."

**THE BEST PART:** It supports multi-display environments, and allows the user to share the keyboard and mouse of a laptop or PC with another computer, such as a tablet. No more typing on cumbersome mini-screens.

**COST:** \$59.90, Inforoom Technologies Pte Ltd @ Funan Digitalife Mall.

## A Fridge Within A Fridge

**GET THIS:** LG Door-in-door Refrigerators.

**READY FOR:** A quick can of cold beer without the need to open that huge main refrigerator compartment. The Door-in-door concept allows one to organise and quickly reach out for commonly used ingredients and favourite treats, leaving the main compartment shut and cutting down on the rise of temperature by 47.8 percent.

**THE BEST PART:** The brand has expanded the range (previously only in side-by-side models), and each unit comes with an upgraded purification system – weeding out at least 99.999 percent of bacteria.

**COST:** \$1,299 to \$5,999, [www.lg.com/sg](http://www.lg.com/sg).

5





# 6

## Stay Cool, Breathe Easy

**GET THIS:** Dyson Pure Cool.

**READY FOR:** People who like things two-in-one. This air purifier with a highly efficient Hepa filter is not only capable of capturing 99.95 percent of particles as small as PM0.1, but it is also a fan that keeps you cool from the increasingly warm climate. Your lungs are better off being rid of those airborne particles that can even cause respiratory infections and, worse, heart attacks.

**THE BEST PART:** Use this for six months straight and you will only need to replace the filter once – in just under 60 seconds.

**COST:** \$999, [www.dyson.com.sg](http://www.dyson.com.sg).





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 **Google play**

# Personal<sup>®</sup> TRAINER



## 104 BREAKTHROUGH

### TORCH WEEKEND FAT

■ IN ONE HOUR, YOUR  
END-OF-WEEK INDISCRETIONS  
WILL BE HISTORY.



## 105 WEIGHT LOSS

### BOOT CAMP ACE

■ WHEN SOMEONE TOLD  
OMAR BASRI HE WAS FAT, HE  
SIGNED UP FOR A TRAINING  
CAMP IN PHUKET.



## 106 NUTRITION

### SPEEDY PROTEIN CHOW

■ HAVE 15 MINUTES?  
FIRE UP THIS PROTEIN-  
LOADED GARLIC SHRIMP  
WITH CHORIZO.



## 108 RUNNING

### MILES OF SMILES

■ SIMPLE TWEAKS  
CAN HELP YOU LOVE  
EVERY RUN.



## 94 MUSCLE

### RAMP UP YOUR LOWER-BODY POWER

■ THIS WORKOUT WILL ADD  
SERIOUS JUICE TO YOUR  
GLUTES, QUADS AND  
HAMSTRINGS.



## 96 FITNESS

### FIT FOR THE BEACH

■ WANT TO BUILD ABS THAT  
SHOW IN FOUR WEEKS? TRY  
THESE TRAINING TIPS FROM  
THE WORLD'S TOP WARM-  
WEATHER ATHLETES. PERFECT  
FOR SUNNY SINGAPORE.

# 92



## MUSCLE

### THE FAT INCINERATOR

This workout will kick your  
ass – and hit every muscle  
you have – in 30 minutes. Are  
you fit enough to finish?



# THE FAT INCINERATOR

THIS WORKOUT WILL KICK YOUR ASS – AND HIT EVERY MUSCLE YOU HAVE – IN 30 MINUTES. ARE YOU FIT ENOUGH TO FINISH?

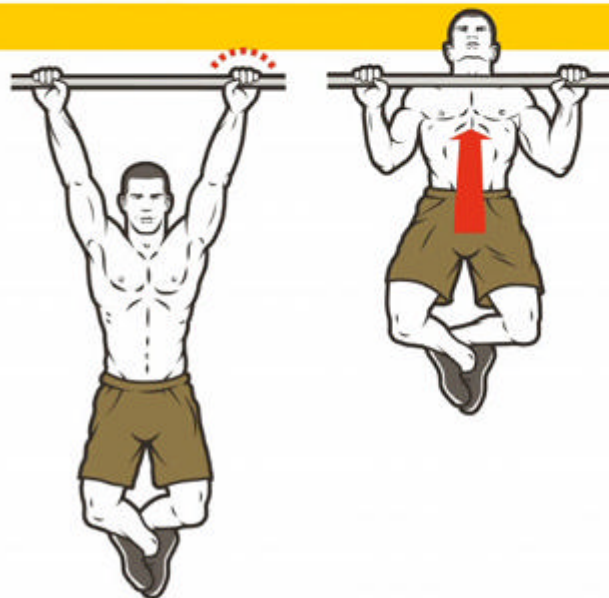
A

CIRCUIT

1

## PULL-UP

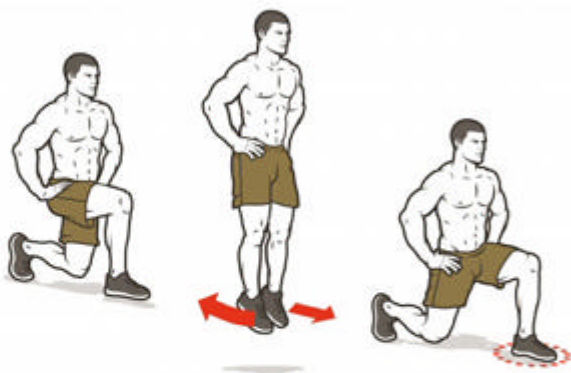
Hang at arm's length from a pull-up bar (a position known as a dead hang) using an overhand grip that's slightly beyond shoulder width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and then slowly lower your body back to a dead hang. If you can't perform 10 pull-ups in a row, do inverted rows instead.



2

## SPLIT SQUAT JUMP

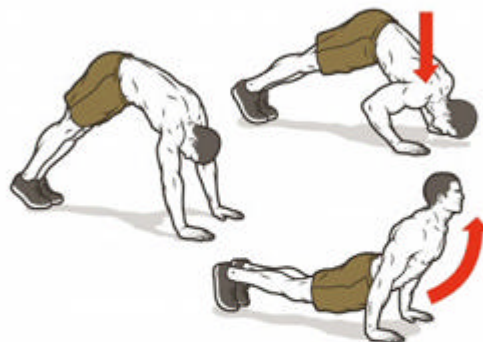
Step forward with your right foot and lower your body into a lunge position. Jump up explosively, switching leg positions in mid-air. Land with your left leg forward. Alternate legs with each jump.



3

## DIVE BOMB PUSH-UP

Assume a push-up position, lifting your hips to form an inverted V. Lower yourself until your nose nearly touches the floor. Pull your body forward, straightening your arms. Return to the inverted V and repeat.



## CRUSH EVERY WORKOUT

Prime your muscles for action!



## DRINK SOME JOE

"Caffeine excites your nervous system and extends your time to exhaustion," Jason says. "Drink coffee 30 minutes pre-workout."



## WARM-UP

"Do jumping jacks and high knees until you start to sweat. Your cardio system is now ready for the demands of the training," says Jason.



## PUMP YOUR JAMS

Listening to up-tempo tunes for even 90 seconds before exercising may help improve your performance, say UK researchers.



## DIRECTIONS

Do 10 reps of each exercise in Circuit A back to back. Repeat, this time doing 9 reps per exercise, then again, doing 8 reps. Now do one round of Circuit B (60 seconds per move). Next, do 3 more rounds of A, starting with 7 reps per move, then 6, then 5. Now do another round of B. Now do 4 more rounds of A, starting with 4 reps per move, then 3, then 2, then 1. End with a round of B.

► **DESIGNED BY** Jason Hartman, a former strength and conditioning coordinator for the US Olympic Committee

► **BEST FOR** revving metabolism, incinerating fat, boosting cardiovascular stamina, and packing on lean muscle all over

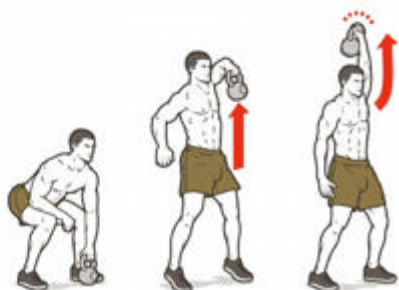
► **EQUIPMENT** Pull-up bar, kettlebell

## CIRCUIT B

# 1

### KETTLEBELL SINGLE-ARM SNATCH

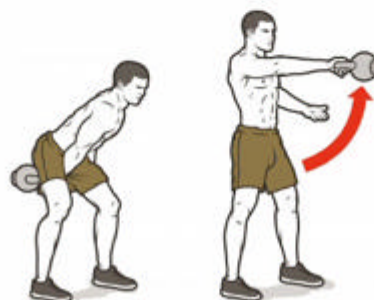
Spread your feet slightly beyond shoulder width and use one hand to grab the handle of a kettlebell resting on the floor. In a single move, try to throw the weight at the ceiling (without letting go). Keep the kettlebell close to your body, allowing your forearm to rotate up and back as you bring yourself under the weight. Lower it to the floor and repeat. Switch hands after 30 seconds.



# 2

### KETTLEBELL SINGLE-ARM SWING

Spread your feet slightly beyond shoulder width and use one hand to grab the handle of a kettlebell on the floor in front of you. Push your hips back as you swing the weight between your legs and then up to chest level. Continue swinging. Switch hands after 30 seconds.



# 3

### KETTLEBELL GOBLET SQUAT

Hold a kettlebell by the sides of its handle in front of your chest. Brace your abs and lower your body as far as you can by pushing your hips back. (Your elbows should brush the insides of your knees.) Pause, stand up, and repeat.



# 4

### KETTLEBELL DEADLIFT

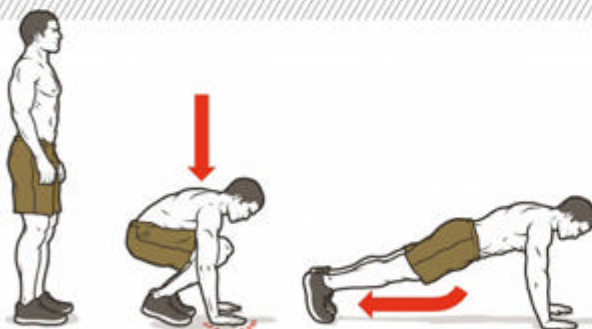
Spread your feet slightly beyond shoulder width, push your hips back, and use both hands to grab the handle of a kettlebell resting on the floor. Stand up, thrusting your hips forward. Pause, lower the weight back to the floor, and repeat.



# 5

### BURPEE

Stand with your feet shoulder-width apart. Push your hips back, bend your knees, and squat down, placing your hands on the floor. Quickly kick your legs back into a push-up position. Reverse the move to return to the starting position. Want to increase the challenge? Add a push-up to each rep.







# RAMP UP YOUR LOWER-BODY POWER

THIS WORKOUT WILL ADD SERIOUS JUICE TO YOUR GLUTES, QUADS AND HAMSTRINGS.

**T**he next time you do an overhead press, don't just stand there – give yourself a push. The push press can help you build serious lower-body power, according to a new study by British researchers. When participants performed the move, which adds a partial squat to the overhead press, they exerted the same amount of force into the ground as they did during a barbell jump squat. The takeaway: By swapping your regular shoulder exercise for the push press, you receive the benefits of two moves for the price of one.

## UPPER-BODY TARGETS

Triceps, and front and middle deltoids

## LOWER-BODY TARGETS

Glutes, quads, hamstrings and calves



## STEP 1

► Hold dumbbells in front of your shoulders. Dip your knees.



## STEP 2

► Push explosively with your legs and press the weights up. Do 3 to 5 sets of 3 to 5 reps.



## NUMBER OF REPS DONE

### ✓✓✓ 3 (PASS)

A good start, but work towards more.

### ✓✓✓✓ 4 (SILVER)

You're losing those chicken legs, press on.

### ✓✓✓✓✓ 5 (GOLD)

Now you have a butt that women will love!





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BUT FOR US IT'S A CALLING**

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**Calvin Lee | Financial Services Director | Million Dollar Round Table 2010, 2011**

I am glad to have a strong management team in CLO, providing leadership to our four key pillars: Recruitment, System, Prospecting and Training. We believe in selecting only the right people to join us and having 100% full time committed financial planners. Come and plan your dreams with us!



**Jocelyn Ng | Financial Services Manager (System) | Million Dollar Round Table 2012**

With the proven success system in CLO, I achieved the Million Dollar Round Table accolade in 2012, awarded to the top 5% financial services professionals worldwide. Although I joined the organisation without any sales experience, the weekly sales builder and training sessions allow me to pick up quickly from the best.

**Max Ma | Financial Services Manager (Prospecting) | Top CLO Financial Planner 2014**

I came to Singapore in 2007. As a non-Singaporean and without much local contacts, what attracted me to join CLO is the marketing and prospecting system that provides me with quality leads. Our key strength is the know-how in strategic tie-ups with different organisations, something which we built over the years.



**Tay Kah Lok | Agency Development Manager (Training) | CLO Eagle Club**

I joined CLO when I was 22 years old and achieved my first 6-figure income that year as a young rookie. What helps me a lot is the transferable training system, whereby our mentors guide us step-by-step on how to be a good financial planner, not just in classroom, but also actual face-to-face meetings with our clients.

**Hu Chuanzhen | Executive Financial Planner | Million Dollar Round Table 2012 | CLO Eagle Club**

Being a mother with a young son, what attracts me to this career in CLO is the time flexibility I can have. Even with heavy family commitments, I am delighted to achieve the Million Dollar Round Table accolade and was the Top AXA Client Builder with most new clients in 2011.



**Irene Sim | Executive Financial Planner | Top Organisation Rookie 2011 | CLO Eagle Club**

I decided to make a mid-career switch to CLO in 2011, from a management position in a MNC. It has been a fulfilling and rewarding journey for me, as I am equipped to reach out and protect my clients and their families, helping them to achieve their financial goals.

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# FIT FOR THE BEACH

WANT TO BUILD ABS THAT SHOW IN FOUR WEEKS? TRY THESE TRAINING TIPS FROM THE WORLD'S TOP WARM-WEATHER ATHLETES. IT'S PERFECT FOR SUNNY SINGAPORE.

**C**hiselled pecs. Sleeve-busting arms. Abs that cast six shadows. There are certain attributes no beach body

should be without. But follow the advice of the sportsmen on the next few pages, and you'll do more than sculpt muscle above and below your board shorts. You'll build the strength, speed and stamina you need to tackle any adrenalin-fueled opportunities. "We put our bodies under so much strain that our muscles, tendons and joints have to be strong and supple at all times," says beach volleyball pro Casey Patterson. "I call it 'the armour.'" Ready to claim yours?



## SPEED AND ENDURANCE

Stand-up paddleboarding (or Sup) might seem like surfing's tamer cousin – it's often done on flat water and, true to its name, employs a paddle for locomotion – but the reality is just the opposite, according to world champion Danny Ching. "It's a total-body endurance sport," he says. During Sup's premier races, Danny paddles at full throttle for more than an hour before shifting into sixth gear for the final sprint. "Most guys can only sprint for 30 seconds at the end," he says. "I train to be able to hammer away for a full minute."

To build endurance, he takes

a dual approach to training. Five or six days a week, he paddles for up to two hours to increase his upper-body power, total-body balance and stamina. He also lifts weights and cross-trains with cycling, outrigger canoeing and surf-skiing to pack on more muscle and boost his overall athleticism. "Other paddlers have as much talent as I do," he says. "But few of them train as hard as I do."

## WORK OUT WITH A TWIST

As with any sport, eliminating energy leaks is essential for success in paddleboarding. A key component of that is training in multiple planes of motion to build multidirectional strength and stability. "Do rotational exercises," says Danny. His favourite is the cable chop:



Attach a rope handle to the high pulley of a cable station and stand with your left side to it. Grasping the rope in both hands, rotate your torso as you pull the rope down past your right hip. Do 10 reps, switch sides and repeat. Do three sets once or twice a week.

### TRAIN AT DIFFERENT INTENSITIES

True endurance isn't about developing staying power at one speed. It's about fine-tuning your muscular and cardiovascular systems to operate efficiently in all of them – slow, medium and fast. To build that kind of dynamic stamina, Danny includes both intervals and distance running in his cardio plan, and rotates through different intensities at the gym. Follow his lead: On Mondays, do five reps per set for all your exercises; on Wednesdays, 10 reps per set; and on Fridays, 15 reps per set. In each workout, use weights that challenge you to finish all of your reps. Such an “undulating” programme can help you build more strength than always sticking to the same rep range, according to a study in the *Journal of Strength and Conditioning Research*. The higher-rep days will also increase your anaerobic (meaning muscular) endurance.



### FUNCTIONAL STRENGTH

Most people run from tidal waves. Mark Visser stalks them. Equipped with bleeding-edge satellite technology, he locates deep ocean swells (some as high as 21m), parachutes in with a support team, and pits himself against nature's monsters. But he doesn't really

consider himself a risk taker. “I do so much preparation, in terms of both planning and training, that each new project is just a small stretch from the previous one,” he says.

Mark goes surfing twice a day, paddleboards twice a week, and meets with a team of coaches every couple of days to train for any big-wave contingency. Anything can happen – from extended submersions (he can stay under water for 3½ minutes after exhaling all his air) to turbulent weather and sea conditions, which he simulates by jumping from one Swiss ball to another while being pelted with medicine balls. As if that weren't enough, he also swims laps, runs intervals and strength-trains at the gym. “But I haven't done a bench press in at least four years,” he says. “Instead, I do jumps, throws, body-weight moves and other exercises that correlate more directly to what I do in and out of the water.” His programme is the definition of functional training, and his tips will help you build real-world strength regardless of whether you plan to chase rogue waves or not.

### EMBRACE INSTABILITY

Working one limb at a time (for example, the single-leg squat or single-arm row) or exercising

on an unstable surface (like a Swiss or Bosu ball) more closely resembles the demands of sport and everyday life, says Mark. It can also help you become stronger by increasing the activation of your core, firing more stabilising muscles, and preventing your dominant limbs (for most guys, the right arm and leg) from doing most of the work and creating muscle imbalances. His favourite instability move: The four-ball push-up, in which each hand and foot is on a Swiss ball instead of the floor. When performing it, keep your elbows tucked and lower your chest until it's in line with your hands. Too hard? Work your way up, starting with the medicine ball push-up (performed with both hands on one ball). “You'll feel muscles fire in your shoulders, hips and core that you never knew you had,” he says.

### IRON OUT ASYMMETRY

“When Mark first came to me, I noticed that one side of his body was considerably more flexible than the other side,” says Greg Dolman, one of Australia's top trainers and a key member of Mark's core team. The tighter

## INSIDER TRAINING

– DAVID JACK

### I just joined a gym. Where should I begin?

Hire a certified trainer. A fitness professional will not only give you a strategic plan for achieving your goals but also hold you accountable for following it. If you decide to go it alone, alternate your strength and cardio days, but start slowly. When you lift, focus on form – use lighter weights and do higher-rep (that is, 12- to 15-rep) sets of basic exercise variations, like the push-up. For cardio, do one 20- to 30-minute steady-state workout (for example, walking or biking) and one interval workout (alternating 30 seconds of sprinting and 30 seconds of jogging for as long as you can) each week.

### I foam-roll. Do I need to stretch?

Do both, before and after you work out. When you lift, you create microtears in muscles. The repair process is what leads to growth. But microtearing can also cause the muscle fibres to bind together, forming adhesions. Elongating your muscles by stretching breaks up the adhesions and unlocks more strength. Try this: Lie on your back with your left foot on a wall, knee bent 90 degrees. Place your right ankle on your left thigh. (You'll feel it in your glutes.) Move your butt closer to the wall to increase the stretch. After 30 seconds, switch sides and repeat.

“

I HAVEN'T DONE A BENCH PRESS IN FOUR YEARS. I DO EXERCISES THAT CORRELATE MORE TO WHAT I DO IN AND OUT OF THE WATER.

”







side, Greg says, put the brakes on Mark's overall strength. The solution: Intensive, full-body foam-rolling before every workout. "By warming up and loosening tight connective tissue, performing this kind of 'self-massage' can ultimately lead to greater balance, improved athletic performance and a lower risk of injury," says Greg. Short on time? Just concentrate on your tightest areas. "For most guys, those are the quads, hamstrings, calves, upper back and IT bands – the thin sheets of connective tissue, or fascia, running down the outside of the thighs," he says. The tighter and more tender an area is, the more attention it will need. "Roll each muscle group for at least 30 seconds or until muscle soreness decreases by at least half," Greg says.



## EXPLOSIVE POWER

Ever notice how hard it is to run on dry sand? "Try playing volleyball on it," says 2014 AVP beach volleyball champ Casey Patterson. Every lunge, jump and dive requires extra power to overcome the soft playing surface, taxing the player's legs, core and arms. "It's twice the fast-twitch workout it appears to be," he says. And it requires twice the muscle to be competitive.

That's a relatively new realisation for Casey. Early in his career, he believed that minimising his muscle would maximise his performance. "I thought that being as light as possible would reduce the wear on my joints," he says. "But I had no structure around my knees and hips, and was sore

and tired all the time." That changed in 2013, when he began training with Olympic strength coach Tim Pelot, who put him on a three-hour-a-day, five-day-a-week strength regimen. "I added nearly 7kg of muscle in the off-season," he says. The result was immediate: He was able to not only jump higher and explode off the service line faster, but also get to the ball sooner and hit it harder. "I went from being a pretty good player to being No. 1 in the US," says Casey, adding with a smile: "I also looked better on TV."

### SHARPEN YOUR REACTION TIME

Most workouts focus on building

strength. Casey's regimen also trains him to apply it explosively – the essence of athleticism, says Tim. The player's go-to move: the fast get-up, which is designed to increase both agility and reaction speed. Lie face-up on the floor and have a training partner stand near your feet holding a tennis ball at eye level. When he drops the ball, stand up and catch it before the third bounce. Tell him to back up a foot, and repeat. Continue until you can't catch it before the third bounce. Do this weekly, trying to add distance each time.

### LIFT FAST

There's a huge difference between the way many guys lift and how most sports are played.

"One happens slowly, and the other happens quickly," says Tim. Your lifting speed can influence your athletic performance beyond it, he adds. Need another reason to dial up your pace? You'll build as much as 53 percent more strength than you would by lifting slowly, according to a recent study published in the *European Journal of Sports Science*. Perform the lifting phase of each exercise as quickly as possible without compromising proper form, then return to the starting position at half that speed and repeat. "End each set a repetition or two before failure – to keep your focus on explosive power rather than on pure strength," says Tim.



PHOTO: ROY MCMAHON/CORBIS



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# TIME TO HIIT HARDER

HIGH-INTENSITY INTERVAL TRAINING IS TV HOST KELLY LATIMER'S SECRET TO KEEPING FIT. IT CAN BE YOURS, TOO.

**F**itness-wise, the cards are stacked against Kelly Latimer: travelling, late nights, last-minute commitments. But if the sports presenter gets only 20 minutes a day to work out, she takes it as a challenge to be efficient.

"HIIT is my go-to workout when I'm really short of time," says the 28-year-old, who recently hosted the 28th Sea Games. "But you need strength training as well. When I have time to get to the gym, I'll lift weights because that's when I've access to them."

If, like her, you have a hectic lifestyle, the best tip she can give you to keep motivated and improving is to mix up your training. Outside



TEXT KENNETH WEE ■ PHOTOGRAPHY CHARLES CHUA ■ ART DIRECTION ASHRUDDIN SANI ■ STYLIST SHEH ■ HAIR CAROLINE (9238-6236) ■ MAKEUP DAX LYE ■ OUTFITS H&M ■ WORKOUT OUTFIT UNDER ARMOUR

the gym, she runs, plays badminton and goes flow-riding (surfing on artificial waves).

In fact, Kelly's quite the fitness buff. Having recently gotten her personal training certification, she's currently working on a fitness app that provides free workouts, and will be leading a group HIIT workout session at the Elite 2015 event this month.

Her diet is all about moderation. Yes, she tries to eat clean, avoiding processed food and sugary stuff 80 percent of the time. But she also relaxes the rules from time to time. Chocolates are her guilty pleasure.

However, before you sink your teeth into indulgences, you'd do well to learn from her and work for it. Besides, it won't take long.



**GALLERY** See more of Kelly Latimer in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.



#### USERNAME

▶ @kellylatimer

#### OCCUPATION

▶ TV HOST

#### FOLLOWERS

▶ 7,835

#### SPECIALTY

▶ HIIT

## SPEED UP YOUR GAINS

USE KELLY'S FAST-PACED WORKOUT TO SHOCK YOUR BODY, PUTTING THE NERVOUS SYSTEM TO WORK AND INCREASING YOUR ENERGY LEVELS. PERFORM THESE FOUR MOVES AS A CIRCUIT.



### 01 SPLIT JUMPS

▶ This is great for burning fat. Stand with one foot in front of the other. Keeping your torso upright, bend your legs, lower into a lunge, and then jump off the floor. Scissor-kick your legs in the air so you land with the other foot forward. Do for 45 seconds, then rest 15.



### 02 PIKE PUSH-UPS

▶ Start in a regular push-up position, then keeping your legs as straight as you can, push your backside into the air. Then point your elbows outwards as you lower your face towards an imaginary spot between your hands. Push back up. Do for 45, rest 15.



### 03 OBLIQUE CRUNCH

▶ Kneel on one leg, and stretch out the other to the side with toes pointing forward. Raise both arms, and bend away from the stretched leg slowly, being sure not to lean forward, and slowly return upright. Too easy? Grab some weights. Do for 45, rest 15, change sides.



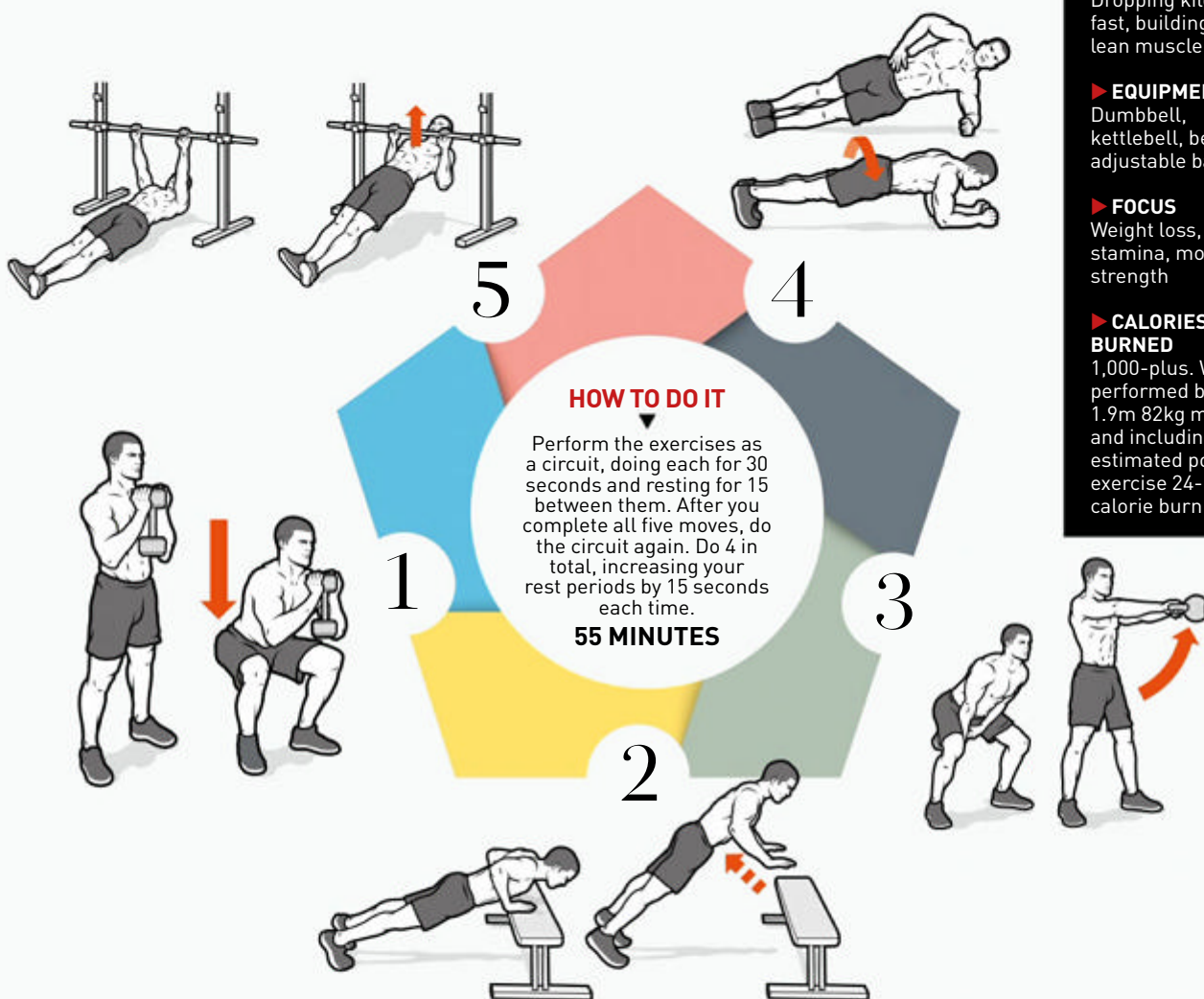
### 04 REVERSE CRUNCHES

▶ Lay flat on your stomach on a sturdy box or raised platform, with your legs hanging off the edge. Keeping your legs straight, raise them off the floor and bring your feet above your back. Hold, and then lower them (45 on, 15 off).



# TORCH WEEKEND FAT

IN ONE HOUR, YOUR WEEKEND INDISCRETIONS WILL BE HISTORY.



► **TRAINER**  
Robert dos Remedios, strength and conditioning coach

► **BEST FOR**  
Dropping kilos fast, building lean muscle

► **EQUIPMENT**  
Dumbbell, kettlebell, bench, adjustable bar

► **FOCUS**  
Weight loss, stamina, mobility, strength

► **CALORIES BURNED**  
1,000-plus. When performed by a fit, 1.9m 82kg man, and including an estimated post-exercise 24-hour calorie burn

## 1 GOBLET SQUAT

Hold a dumbbell vertically next to your chest, cupping one end in both hands. (Imagine holding a heavy goblet.) Push your hips back and lower your body as far as you can while keeping your back straight. Pause, and then push yourself back up to the starting position. Repeat.

## 2 EXPLOSIVE INCLINE PUSH-UP

Assume a push-up position with your body straight from head to ankles but your hands on a bench, box or step. Bend your elbows and lower your body until your chest is a few centimetres from the bench. Push yourself back up with enough force for your hands to leave the bench. Land and repeat.

## 3 KETTLEBELL SWING

Place a kettlebell on the floor in front of you. With your feet slightly beyond shoulder width, push your hips back and grab the handle in both hands. Swing the weight between your legs, and then thrust your hips forward as you swing it up to chest level. Swing it back between your legs and repeat.

## 4 ROLLING SIDE PLANK

Lie on your left side, with your legs straight and body propped on your left elbow and forearm. Your body should be straight from ankles to head. Roll onto both elbows and hold for a count of 2. Then roll onto your right elbow and hold for a count of 2. Continue rolling back and forth.

## 5 INVERTED ROW

Secure a bar at waist height and slide beneath it. Grab it using an overhand, shoulder-width grip, and hang with your hands directly above your shoulders. Now keep your shoulder blades back and use your arms to pull your chest to the bar. Pause, lower yourself to the starting position, and repeat.

# BOOT CAMP ACE

WHEN SOMEONE TOLD OMAR BASRI HE WAS FAT, HE SIGNED UP FOR A TRAINING CAMP IN PHUKET.

## THE SETBACK

After graduating from university, Omar Basri stopped being active. He wasn't playing floorball like before, and started to shift towards a more sedentary lifestyle when he became a teacher.

"I was consuming more than I was burning, and after getting married, I just wanted to stay home every night and watch TV," he says. "The next thing I knew, I had hit 83kg."

## THE WAKE-UP CALL

"Fat people don't know they are fat," says Omar. "My clothes were starting to feel tighter then, but it was a colleague who said I was putting on weight!" Those words, for some reason, hurt deeply and he knew something had to give.

## THE PLAN

While surfing the net one day, Omar came across Unit 27, a strength and conditioning camp in Phuket. Since it was the school holidays, he decided to sign up for the training classes. "That gym had professional trainers, and even took care of your nutritional needs," he says. "It was quite



**"I'VE GROWN TO LOVE DRINKING ONLY WATER. NO TEA, COFFEE OR EVEN JUICES."**

motivating since participants there had the same goal – to become leaner and fitter." He was there for three weeks in June last year... and fell in love with it. "I flew there again in October and trained for three months," he adds.

## FITNESS

In Unit 27, Omar had to undergo various workouts, including High Intensity Interval Training, boxing, Crossfit and bodyweight training. "I learnt so much from the trainers, especially workout moves that I can apply to my exercise routines in Singapore," he says. "For example, bodyweight techniques that involve squats, push-ups and jumping jacks – if done correctly at home – can still burn calories effectively."

## FOOD

Nutrition-wise, Omar has continued to persist with the healthy diet he had grown accustomed to in Phuket. "Brown rice, skinless grilled chicken and quinoa were common at the camp," he recalls. "But one thing that I've grown to love is to drink only water. No tea, coffee, carbonated drinks or even juices." Respect.

## THE REWARD

"I feel more alert in the day, and my skin condition has improved," says Omar. "I've also found a renewed sense of confidence and, of course, my clothes look good on me, too!"



**NAME**  
OMAR BASRI

**PREVIOUS WEIGHT**

**83KG**

**CURRENT WEIGHT**

**69KG**

**OCCUPATION**  
CIVIL SERVANT

**HEIGHT**  
1.73M

**TIME TAKEN**  
7 MONTHS

## WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Escapade worth \$129! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos.  
**E-mail: menshealthsg.bellyoffclub@gmail.com.**





# SPEEDY PROTEIN CHOW

HAVE 15 MINUTES? FIRE UP THIS PROTEIN-LOADED GARLIC SHRIMP WITH CHORIZO.

## PICK A SIDE

Try it with sautéed spinach or asparagus.



## DIGITAL EXTRA!

Download *Men's Health Singapore* on Magzter or Apple Newsstand for a video on how to prepare this amazing dish.

## WHAT YOU'LL NEED

- 8 JUMBO SHRIMPS, PEELED AND DEVEINED
- 1 LINK SPANISH CHORIZO, CUT INTO ½-INCH CHUNKS
- 2 GARLIC CLOVES, THINLY SLICED
- 1 TBSP EXTRA-VIRGIN OLIVE OIL
- SALT AND PEPPER
- CHOPPED PARSLEY FOR GARNISH

**M**icrowave dinners always come out, well, nukewarm. For hotter fare, turn to your oven instead. (You do have one of those, right?) We borrowed this easy recipe – which combines a spicy, cured meat with luscious seafood – from

chefs Bruce and Eric Bromberg of Blue Ribbon Bakery Kitchen in New York City. Prepare your ingredients as your oven preheats, and then roast the shrimp and sliced garlic. Be sure to save some beer for the meal – the hops will help cut the spiciness of the sausage.

## HOW TO MAKE IT

Preheat the oven to 218 deg C. In a medium bowl, toss the shrimp, chorizo, garlic and oil.

Season with salt and pepper. Transfer the mixture to an oven-proof dish and bake the shrimp for 7 to 10 minutes, or until they are just cooked through. Serve over microwavable brown rice and sprinkle with the parsley. Makes one serving.

■ **Per serving (without the rice or beer): 530 calories, 39g protein and 5g carbohydrates (0g fibre)**

# STAYING FIT FOR DUTY

THIS LIFEGUARD USES RUNNING TO BE BOTH A BETTER RESCUER AND A RACE PACER.

**T**o be a lifeguard, you need strength, stamina and a sense of altruism.

That's why running forms the backbone to Jerlin Chew's fitness regime. The 24-year-old aims to run 5km to 10km three times a week. And she dedicates Wednesday evening sessions to her running group, Team Edge. This includes a HIIT session at Kallang Wave Mall before they call it a day. (Tough stuff.)

Running is not only great for maintaining fitness, but it also gives her a mental boost and keeps her on top of her life, which helps in her profession. "Plus, I always feel refreshed after a run," she adds. "That's why I like the sport."

Being a person who enjoys helping others, Jerlin has signed up to be a pacer at the *Shape Run* this month. It will be the second time she's pacing a race. "I like that we run as a group and keep

“I LIKE THAT, AS PACERS, WE RUN AS A GROUP AND KEEP PEOPLE MOTIVATED.”



people motivated," she says. "It's not a race to see who finishes first. In fact, engaging in conversation or simply cheering them on also encourages me to keep going."

Speaking of races, she has completed three half-marathons, with plans to take on a full one by the end of the year. With that in mind, here are her tips to motivate your inner runner.

## GET A TRAINING BUDDY

"Running is the simplest way to kick-start an exercise regime. But it helps to run with friends or a group. They can spur you on and motivate you to keep going. When you're comfortable enough, you can run on your own. That's when your mind has to tell you to keep going. Running is good training for mental endurance."

## TRAIN YOUR MENTAL ENDURANCE

"I usually run without music, although music does help with running. Instead, I think about what I've done in the day, take in the scenery, or count my strides. And before I know it, I'm halfway through my run."

## GIVE YOURSELF A TREAT

"I don't follow a strict diet, but I make sure I eat well-balanced meals. And I treat myself to chocolates before a race, which makes me feel good. Besides, I'll burn it all off during the race."

## MIX UP YOUR TRAINING

"Swimming helps with running, and vice versa. I also attend gym classes every week."



# CLOCK MILES WITH SMILES

FEELING JADED OR  
SIMPLY UNMOTIVATED TO  
HIT THE ROAD? SIMPLE  
TWEAKS CAN HELP YOU  
LOVE EVERY RUN.

Running can be  
made less a chore  
when the right  
changes are made.  
- giving you joy and  
motivation.

■ TEXT JEFF GALLOWAY ■ PHOTO BRANDON TABILO/CORBIS



**W**

hen you think about going for a run, does the prospect excite you or fill you with dread?

Even if your reaction falls somewhere in between, the more positive a mindset you can cultivate, the better. Find joy in your runs, and you'll feel motivated to get out next time. Even the most reluctant runner can begin to appreciate the sport more with these four small adjustments.

## GET THE RIGHT GEAR

If you're hot, cold, chafed or blistered, you won't look forward to your next outing. It's as simple as that. Invest in tops, shorts or tights, and socks made of sweat-wicking fabric. And add gloves, a hat and a jacket if you are running in a cold climate. If your shoes cause problems, head to a running store to get fitted.

## STAY UNDER CONTROL

Aside from being unpleasant,

running too hard can cause late-in-the-run fatigue, delayed recovery and even injury.

To avoid these issues, take walk breaks early and often: Run 15 to 60 seconds, then walk 15 to 30 seconds.

When you feel in control, you bring more confidence to your runs. You might even clock better timings.

## SWITCH IT UP

Mix up your routes, your running surfaces and your company (or lack thereof) for variety and freshness. Listen to music, to podcasts or (gasp!) to nothing. (You might enjoy the peace and quiet.) Take note of which variables make for the best runs, and plan future runs accordingly.

## THINK DIFFERENTLY

By thinking *I have to run later*, your run becomes just another chore. But running is a privilege. Not everyone can do it, and there may come a day when you won't be able to run anymore. If today isn't that day, celebrate it. Think *I get to run* instead of *I have to run* to help remember what a gift you've been given.

## YOU ASKED ME

JEFF GALLOWAY, RUNNING EXPERT AND FORMER OLYMPIAN, ANSWERS YOUR QUESTIONS.

**I tried running alone and loved it. How do I break the news to my running buddy?**

Be honest. Explain that solo running gives you the chance to solve problems,

organise your day, or whatever other benefits you've noticed since you started. If you're still interested in running with him or her, suggest meeting up—just not as often.

**I always overdress or underdress for a run. Help!**

Choose layers that you can shed (and tie around your waist) or put back on as you start to overheat.

## PERFECT YOUR RUNNING FORM

How to run like an elite athlete.

### WATCH YOUR HAND

▶ "The typical runner never thinks about his hands, but in fact they're crucial," says Alberto Salazar, track coach and former world-class long distance runner. "Your arms should swing back and forward, not across your body." With each stride, bring your hand to the vertical midpoint of your torso, but don't let your hand cross that midline. If it does, your body will rock from side to side.

### BE ON THE BALL

▶ "If you land on your heel, you're almost certainly overstriding," says Alberto. "You're pounding your leg into the ground with each stride and increasing your risk of injury. When you land on the balls of your feet, you flow with your forward energy." A recent study of Harvard University

runners supports his theory: Forefoot strikers have fewer injuries than heel strikers.

### USE YOUR ARMS

▶ The way you carry your arms while running is a vital aspect of your momentum and comfort. "Your shoulders need to be relaxed and sloping down, and your elbows should be slightly bent," Alberto says. "If you tighten your shoulders and let them point up instead, your arms start to flail and you lose that circular, forward-flowing drive."

### LEAN FORWARD

▶ Aim for a slight forward tilt—around 2 or 3 degrees, says Alberto. You don't want to lean too far forward or too far back. Too far forward and you shove your full body weight into the ground with each stride. Too far back and you jam your heels.





# 1 SOLEUS RISE ACTIVITY TRACKER

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The sometimes dodgy display on the treadmill is no longer a problem with this sleek activity tracker. Use it to measure the amount of calories burned and the distance you've covered. And once you're home, it can even show you the quality of your sleep with its sleep-pattern tracker. Available in four colours (ebony black, hot pink, slate grey and azure blue), this nifty device can be synced with a dedicated Soleus app, notifying you of incoming calls and texts while you're working those biceps.

# STAY AHEAD OF THE PACK

GIVE YOURSELF AN EDGE  
AT THE GYM WITH THESE  
LIGHTWEIGHT BUDDIES.



# 2 SALOMON AGILE 1/2 ZIPPERED TEE

►\$69, [www.salomon.com/sg/](http://www.salomon.com/sg/)

When it comes to workout apparel, breathability often pops into mind. With a half zip, this versatile top allows ventilation when required, especially in a crowded workout space like the gym. A small side pocket provides storage for

items such as your locker key (this is useful if one worships tights over shorts with pockets). What's more, ergonomic seams give wearers an accurate and more comfortable fit, throwing in some style points at the same time.



# 3 POWERDOT

►\$239, [www.getpowerdot.com](http://www.getpowerdot.com)

Keen to improve your workout endurance and accelerate muscle recovery? No, we aren't talking about

performance-enhancing drugs but a cool muscle stimulator. The world's first that's wearable, Powerdot uses electrical muscle stimulation to transmit nerve impulses to engage your muscles during a workout. This can be tailored with a host of preset

programs for various needs. For example, the "resistance" option can improve one's capacity to sustain intense and prolonged effort, while the "massage" selection improves blood circulation and helps to eliminate muscular toxins.

# Comfy Trailblazers

POUNDING OFF-ROAD CAN BE COMFORTABLE WITH THE RIGHT PAIR OF KICKS.

## 1 REEBOK ALL TERRAIN SUPER 2.0

\$159, WWW.ROYALSPORTINGHOUSE.COM (AVAILABLE FROM AUGUST)

Just like its name suggests, this trainer is capable of engaging various terrains. It is engineered and designed with the Reebok Spartan Race community and elite racers. Strategically placed mesh drainage ports allow water to drain quickly even if you step into deep puddles, while the presence of midfoot teeth provides traction and protection if you do tackle ropes and walls. There's even an underfoot rock guard to protect against sharp objects.

## 2 MBT SIMBA 5

\$329, AVAILABLE AT MBT CONCEPT STORES

Masai Barefoot Technology, also known as MBT, produces shoes that are based on the study of biomechanics and natural stability. The Simba 5 possesses a patented curve sole that helps to create a gentle rolling motion when one is on the run. This is especially helpful when one tackles terrain that throws up soil and sand. Additionally, a mix of synthetic leather and meshed uppers contribute to a lightweight athletic shoe, aiding breathability and providing comfort.

## 3 UNDER ARMOUR FAT TIRE LOW TOP

\$239, AVAILABLE AT UNDER ARMOUR OUTLETS

To be launched on July 1, this model eats tough terrain and helps runners cruise through challenging trail obstacles. The shoe's cross-slope grip is also excellent, a result of Under Armour's partnership with Michelin to create the ideal outdoor compound and traction pattern. Another standout aspect is Fat Tire's cushioning that has been bottom-loaded with a softer, high-rebound foam that makes it responsive and adaptable to various conditions.





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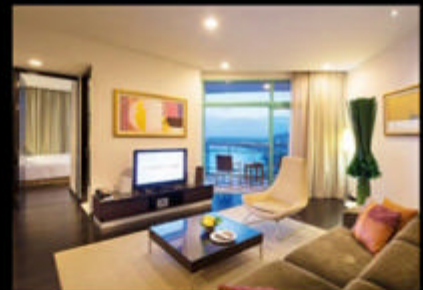


Premier Suite

**GET READY** to be pampered at the five-star Chatrium Hotel Riverside Bangkok, which sits beside the magnificent Chao Phraya River. Aside from the establishment's spacious suites (with private balconies), get to indulge in other quality offerings such as the infinity pool, a well-equipped fitness centre and the much-lauded Nemita Spa – a true sanctuary away from the hustle and bustle of modern city life.

Hungry? The hotel has six restaurants and bars that can cater to every whim and fancy – from spectacular buffets and authentic Thai

cuisine to fine Cantonese fare and decadent pastries. And did we mention the in-room dining is 24/7? Of course, every trip to Bangkok warrants a shopping session, and Chatrium is just a convenient 15-minute walk from the famous open-air night market – Asiatique The Riverfront. Packed with up to 1,500 stalls and 40 restaurants, you will be spoilt for choice once you start exploring the area. There's also a complimentary shuttle boat service that takes you to and from Sathon Pier/ Saphan Taksin BTS Station – a pretty neat way to travel!



Chatrium Club Suite



Chatrium Club Room

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• Excludes airfare to Bangkok



# TALKSHOP

PRODUCTS PROMOTIONS EVENTS

**ARBUTUS** Here's one for skeleton ticker lovers. The **Rotary Skeleton AR901 Series** features a largely unobstructed view of the inner mechanisms of the timepiece – a miniature universe of interfacing wheels and rotors in motion. The watch comes in various shades of earthy tones, such as that of a rich garden soil or a textured tree bark. **\$400 to \$460, available at leading department stores and authorised watch retailers.**



**BABOLAT** The new **Propulse BPM** will be a key addition to any tennis player who requires an all-surface shoe that scores high on durability and support. The former is possible thanks to an exclusive Michelin OCS2 outsole, while the Cell Shield material used for the upper enhances foot breathability and comfort. **\$189, available at Royal Sporting House at Tanglin Mall and 313@Somerset.**

**COLUMBIA** The **Silver Ridge Long Sleeve Shirt** is a great buddy in this hot weather. Spotting Omni-wick advanced evaporation technology, the clothing is designed to keep you dry and comfortable during long active days under the scorching sun. There's even an Omni-shade sun protection that shields your skin from harsh UV rays. **\$89.90, available at Columbia and World of Outdoors outlets and selected World of Sports stores.**



**QUIKSILVER** You'll be surprised with its latest **Street Trunks**. They're completely different from board shorts but are instead called walk shorts, a fashionable piece that you can wear and strut around in the streets, just not surf in them. The series may look familiar, since they have borrowed original board-short cuts from previous iconic designs such as "The Yoke" – the first tailored waistband – as well as the "The Scallop" hem. **\$89 to \$99, available at Quiksilver outlets.**



#### CASIO

The modular 14-megapixel **Casio Exilim EX-FR10** camera transforms three ways. One, dock the camera module onto the LCD-equipped controller and shoot like a conventional front-facing camera. Two, shoot with both camera and the LCD screen facing you. Three, detach the camera module and shoot remotely or hands-free, action-cam style, with the controller. With shock- and splash-proof capabilities to boot, the possibilities are endless. **\$699, available at authorised Casio retailers.**

#### SWATCH

The watchmaker is celebrating the talent and commitment of famed Swiss mountaineer and freeskier Samuel Anthamatten with the limited edition **Swatch The Route**. This rugged ticker spots a map of the legendary Matterhorn mountain, with a red line charting the route of the first ascent, while an ice axe and hook represent its hour and minute hands. Only 4,478 pieces are available – with the number representing the height of the Matterhorn in feet. **\$140, available at Swatch orchardgateway.**



#### SHISEIDO

One of the fruits of labour from Shiseido's research in hair and scalp care is the **Adenovital Scalp Essence**, which contains active ingredients such as adenosine – which was discovered by the Shiseido Research Centre – and panax ginseng extract. The essence is capable of promoting hair growth, besides preventing itching, dandruff and hair loss after illness or childbirth. **\$108 (180ml), available at Shiseido authorised salons.**

#### ISSEY MIYAKE

Classy scent alert. The **Nuit d'Issey (Austral Expeditions)** is meant to reconstruct the freshness of an austral night, where sharp lime notes are key. Spicy vegetal notes of Russian coriander evoke a sense of calm, highlighted by a pleasant mix of sensual leather notes, ambery woods and vetiver. **\$133 (125ml), available at Issey Miyake counters.**





# TALKSHOP

PRODUCTS PROMOTIONS EVENTS

**PIONEER** Good news for Apple users who drive: Two of Pioneer's in-dash car multimedia receivers – **AVH-X8650BT** and **AVH-X8750BT** – can now access Apple Carplay in Singapore. The program features Siri voice control, allowing iPhone users (with the latest iOS version) to make and receive calls, compose and respond to text messages, use Apple Maps for navigation, and listen to their music and podcasts. **For more information, visit [www.pioneer.com.sg](http://www.pioneer.com.sg).**



**TIGERAIR** Need a proper holiday or a quick escapade? Take your pick from 37 amazing destinations across Greater China, India, Indonesia, Thailand and more when you choose to fly with Tigerair. Examples include trekking hills and scenic mountains in Chiang Mai, and indulging in top-class facilities at the Sheraton Maldives Full Moon Resort & Spa. **For more information or to book your next flight, visit <http://holidays.tigerair.com/home>.**

**TIMEX** Need a reliable timepiece to complement your rugged outdoor lifestyle? The new **Expedition Field Shock** collection is as functional as it is durable. Each ticker is both shock- and water-resistant (to a depth of 100m), and is protected by a resin case with a stainless steel insert. The wearer can even choose between a resin and leather strap for more versatility. **\$145 to \$198, available at OG Orchard Point, Isetan Katong, Isetan Scotts, Royal Sporting House stores, Clout 9 at Wheelock Place and authorised retailers.**



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**Skincare set consists of Sun Protection Mist (60ml) and Cleanser Oil Control (100ml).**

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**Ice-Watch**, established in 2007, is sold in over 85 countries. The brand's unique design comes in several models and colours, resulting in more than 500 different combinations. It has something for every taste, style and situation.

**The new Ice-Watch BMW Motorsport watch** features a navy blue, red and white dial, with a tricoloured band. A unique timepiece and perfect expression of the Ice-Watch brand's legendary dynamism, it

has a sporty chic allure that's worthy of the world's most famous race tracks, and is designed by Pierre Leclercq, a famous Belgian designer.

**ice  
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## HEX

→→ HEX x JAHAN CLOAK BACKPACK

WORTH **\$249**

OR

→→ HEX x JAHAN TOTE BAG

WORTH **\$189**

HEX's goal for every design is to be both beautiful and functional, with aesthetics and performance harmoniously balanced. Hex has collaborated with Singaporean artist Jahan Loh for a collection that pairs its distinctive products with style and guerrilla pop-cultural aesthetics. Both the Jahan Cloak Backpack and Tote Bag have waxed canvas, with custom "Jahan for Hex" art print and custom logo lining.

**You may select one of the following:**

• **HEX x Jahan Cloak Backpack** is a rucksack style laptop backpack

with storage space for a 15-inch laptop and tablet. It includes an organiser and rucksack liner with drawstring. • **HEX x Jahan Tote Bag** is stylish and versatile, with storage space for a 13-inch laptop, tablet and phone, as well as an organiser.



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**UB+ Eupho** is a portable Bluetooth speaker powered by the patented Orchas technology, which enables it to not vibrate externally even at maximum volume, and to produce hi-fidelity sound as if watching a live

performance. As a modular speaker, the UB+ Eupho can be fitted into different expansion cases such as the upcoming UB+ Eupho Stereo and the UB+ Eupho Brave, which allows you to bring together two to six speakers for a stunning stereo effect. Whether at work or at home, listening to music or watching a movie with your family, the UB+ Eupho gives you mobility and limitless possibilities anytime, anywhere.





# EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

## RETHINK REST DAYS

AS THE NEW FIBRES OF A REPAIRING MUSCLE ATTEMPT TO CONTRACT 24 TO 48 HOURS POST-EXERCISE, YOU'LL BEGIN TO FEEL STIFF. A SEPARATE RECOVERY SESSION WILL FLUSH OUT YOUR VASCULAR SYSTEM AND REDUCE STIFFNESS, BUT IT WILL ALSO IMPROVE FLEXIBILITY BY REVERSING THE EFFECTS OF ADAPTIVE SHORTENING. IF YOU WANT THE GAINS, YOU NEED TO PUT IN THE EXTRA WORK.

### 15S COOL DOWN

► While a quick tap of your toes won't cut it, a 15-second stretch is enough. Don't waste time going for longer; this isn't yoga. Research shows you'll see no extra benefit. We all know those lengthy "cool downs" are just an excuse for a lie down anyway.

### BREATHE BETTER

Breathe out for five seconds as you sink into each stretch, then repeat the exhale. Regulating your breath helps your muscles to relax and become pliable. You'll naturally draw up your pelvic floor, too, which fires up your abs as a bonus.

### PICK UP GOOD VIBRATIONS

You know that satisfying shake in your muscles as you stretch out? That's your stretch receptors activating, which means you're in the recovery sweet spot. If soreness

prevents you from going deep enough to feel the wobble, hop on a vibe plate. The motion mimics the shakes during more gentle stretches, which helps to boost your muscles' recovery.

### MAKE A PRE-EMPTIVE STRIKE

The best warm-up moves mimic the exercise you're about to do, only weights-free. Try "good mornings" with a pole to prime your back before you deadlift, or do overhead squat stretches before heading to the rack. It will save you from limping around tomorrow.

### JOIN THE BAND

WRAP A RESISTANCE BAND AROUND YOUR FOOT DURING ANY MAJOR LEG STRETCH AND PULL IT TOWARDS YOU. THIS ADDS STABILITY TO EACH MOVE FOR MAXIMUM CONTROL. AND IF YOU'RE ALREADY LOOSENEED UP, IT PROVIDES EXTRA RESISTANCE, HELPING YOU GO HARDER THAN BEFORE.

### NO PAIN = MORE GAIN

Intense exercise causes micro-trauma to your muscle fibres, and aggressive stretching can make it worse. Stretch lightly until you can feel it without pain. It'll realign your fibres – and reduce wincing on the stairs.

### DO DYNAMIC AND STATIC

Both types of stretch have their place. Stay dynamic during warm-ups, using the momentum for a greater range of motion as well as to flood your soft tissues with oxygen. But go static in your post-workout phase. This works better for lengthening and realigning muscle fibres, and can be used to develop flexibility and speed up your recovery.

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03



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